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SINGAPORE
AUGUST 2015

Men's Health

SINGAPORE'S NO. 1 MEN'S MAGAZINE

MENSHEALTH.COM.SG

ROCK HARD ABS

SCULPT YOUR SIX-
PACK IN 30 DAYS P88

LIVE LONGER

Without Skipping The
Vices You Love P74

3 WEAPONS TO FIGHT HAIR LOSS

WHY YOUR SMARTPHONE IS
GIVING YOU A BACKACHE

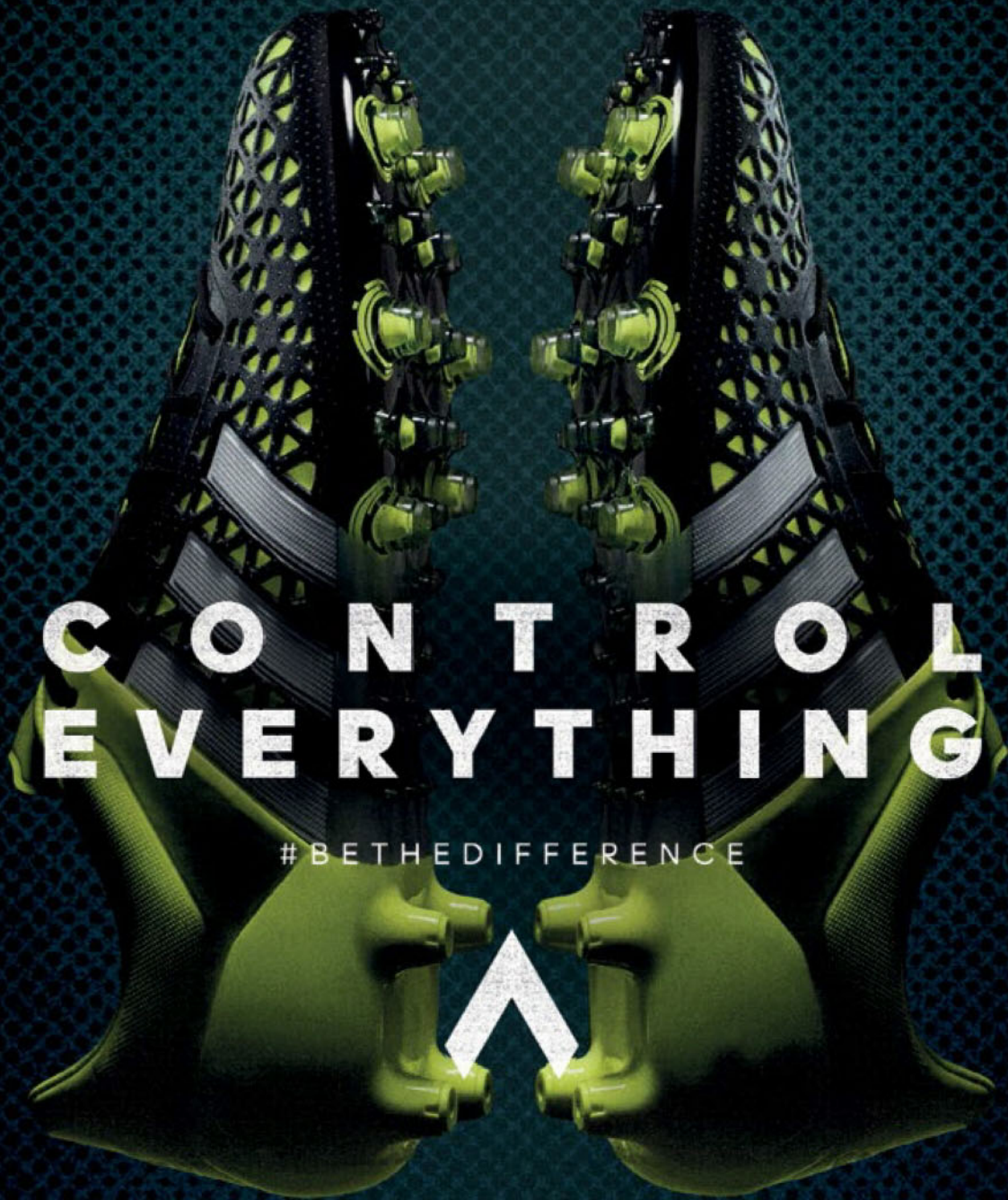
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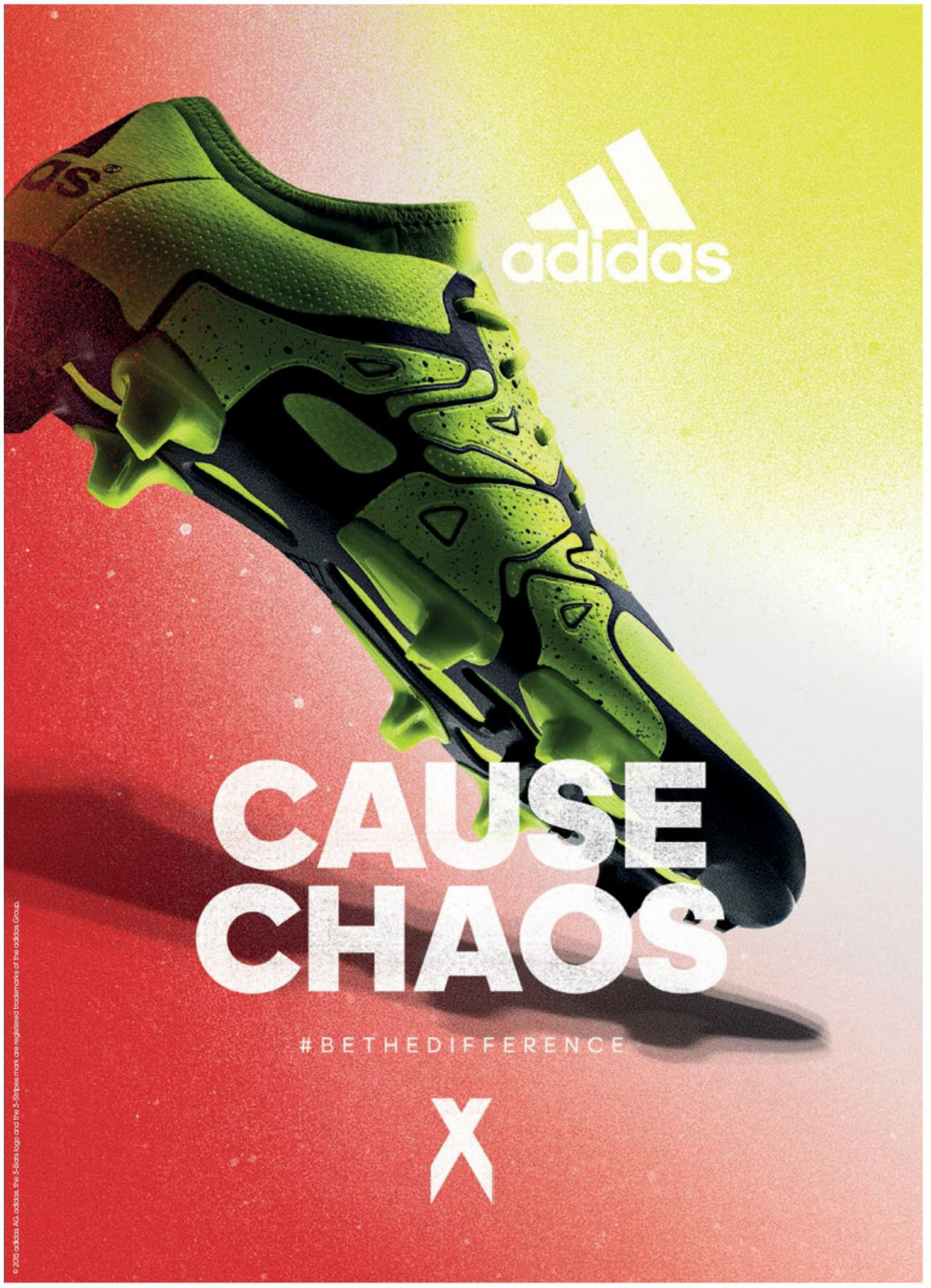
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ACE THE
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S\$6.00







CAUSE CHAOS

#BETHEDIFFERENCE



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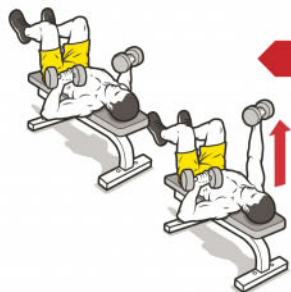
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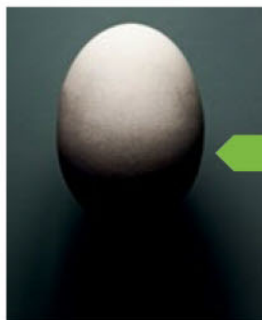
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ISSEY MIYAKE

L'EAU D'ISSEY POUR HOMME



L'EAU D'ISSEY
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WATCH YOUR STYLE

BE YOUNG AT HEART

Mr Lee Kuan Yew once lamented how he had all the while laboured under "a grave misconception" that the heart should never be strained. "Violent exercises like badminton and squash are to be eschewed. More leisurely ones unlikely to induce cardiac failure like golf or swimming are for me," he revealed in a speech.

He added: "Then one day, I was playing golf with a surgeon friend... He said the heart should be pushed to its uttermost limits to dilate all the arteries throughout the body and in the heart itself, and to increase the pulse rate to its maximum, for as long as possible. It will improve heart muscle tone, and after a few weeks, the lethargic feeling will go."

Mr Lee said he decided to try it out himself one day.

"I walked on the spot. Nothing happened. So I began to run, but gently, on the spot. Still no ill effects. So I increased it day by day. Then one day, after a round of golf, I ran for five minutes. Before that, I got my surgeon to take my pulse rate. So he said it was normal, 70 plus. After five minutes, 'Marvellous, 140.' After three to four minutes, back to 70 plus. Marvellous! 'Young man's heart' was his verdict.

"If only I had known earlier, I would have been younger at heart all these past years!"

There's no reason to make the same mistake, guys. Read this issue as we learn how a group of old guys are defying age by jacking protein and muscle. Jump-start your own bid to live till SG100 now!

Kelvin

EDITOR

5 SKILLS YOU'LL HAVE MASTERED AFTER READING THIS ISSUE



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A muscular man, Jake Butler, is shown from the waist up, shirtless, wearing blue MMA shorts with "EVOLVE FIGHT TEAM" and "JAKE BUTLER" printed on them. He is wearing blue MMA gloves and has his arms raised in a celebratory pose, mouth open as if shouting. The background is a dimly lit, industrial-style gym with concrete walls and a large window. The word "EVOLVE" is written in large, red, stylized letters across the top right.

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HOW MANY CALORIES DOES CROSSFIT BURN?

Hurricanes and Crossfit workouts have one thing in common: Some of the most brutal ones are named after women. But is the popular workout doing as much for you as a typical half-hour at the gym? Yes, according to scientists at Kennesaw State University in the US.

www.tinyurl.com/mhcrossfit



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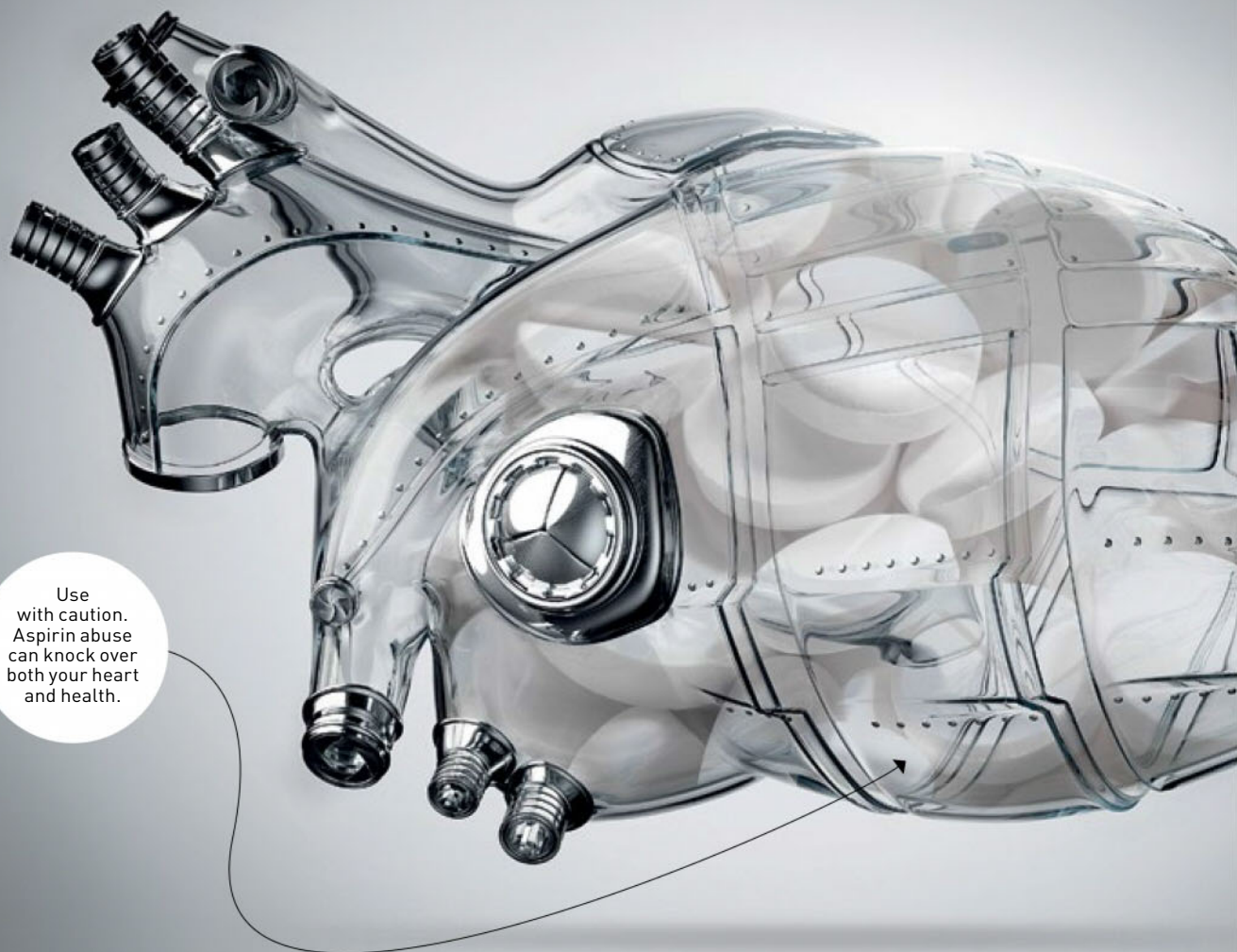
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ASK MEN'S HEALTH

LIFE'S QUESTIONS ANSWERED



Use with caution. Aspirin abuse can knock over both your heart and health.



IS ASPIRIN GOOD FOR MY HEART?

—David

That depends on whether your blood pump is actually in peril or you're just being cautious. If you have coronary heart disease or already suffered a heart attack or stroke, low-dose aspirin can serve as cheap artery insurance, says Dr Ravi Hira, a cardiology fellow at Baylor College of Medicine in the US.

A 2009 meta-analysis in *The Lancet* concluded that patients who popped a low dose of aspirin every day had a nearly 20 percent lower chance of having a

■ PHOTO VIAFRAME/CORBIS ■ ART DIRECTION & DIGITAL IMAGING ASHRUDIN SANI



predicts your chance of having a heart attack in the next decade.

If your 10-year risk is higher than 6 percent, ask your doctor about making aspirin your ally, says Dr Hira. But if your risk is 6 percent or lower, keep the cap on the bottle – the benefits of daily aspirin don't outweigh the dangers. A study in *The Journal of the American Medical Association* found that aspirin's blood-thinning properties can increase the risk of stomach or brain bleeding.

WHY DO I YAWN WHEN I EXERCISE? – JOHN

Because you're Hulk huge, and working out is mere child's play? Probably not. It's more likely that your brain is trying to cool down mid-workout, says Dr Andrew Newberg, a neuroscientist at Thomas Jefferson University in the US. When you exercise, your head heats up, causing your brain to operate less efficiently. Every time you yawn, though, you suck in extra O₂, which boosts blood flow to your brain and helps reduce the temperature. The result: You're able to

exercise longer and more effectively, Dr Newberg says. Now, if you find yourself yawning almost every other rep, you could be sleep-deprived. If that's the case, take a rest day... and literally rest.

WHY ARE MOSQUITOES MORE ATTRACTED TO ME THAN TO OTHER PEOPLE? – MIKE

The indictable aromas: carbon dioxide (which some people naturally produce and exhale more of) and lactic acid (which builds up after a tough workout), says Jonathan Day, a professor of medical entomology at the University of Florida. In addition to being super-sniffers (mosquitoes can smell humans from 18m away), these pests also possess highly evolved heat sensors. That means if your body temperature runs in the above-normal range, they'll be moth-like in their attraction to you. Then there's your wardrobe: Sporting dark colours by day or bright hues at night will make you stand out. So try moving into the shade (to lower your body temp) and talking less (to reduce the CO₂ you're spewing). When you're tired of chilling out, bust out the bug spray, says Prof Day.

LEGAL EASE

IF SOMEONE BORROWS MONEY AND DOESN'T RETURN, WHAT'S MY LEGAL RECOURSE? – ELLIOT

If you can prove the money was borrowed and not paid back according to the terms of the agreement, you will have a good chance of succeeding in a lawsuit, says Samuel Seow, managing director of Samuel Seow Law Corporation. You may pursue your claim at the Small Claims Tribunal. However, if the unpaid debt is above \$10,000, you may have to seek recourse in civil court. Often, having a lawyer send a demand letter is enough to prompt the borrower to resolve the dispute. However, if the demand does not lead to a resolution of the matter, you can instruct your lawyers to file a writ against the borrower to formally commence legal proceedings.

Do you have a question about the law that you want to find out? Please send it to us at magmenshealth@sph.com.sg.

The legal information here does not constitute legal advice. You should always consult a lawyer for the professional assurance that our information, and your interpretation of it, is appropriate to your particular situation, before you commence any sort of legal action. We are not liable if you fail to do so.

second stroke or heart attack than those who didn't follow an aspirin regimen. Credit the little white pill's ability to reduce the body's production of prostaglandins (lipids that promote blood clotting).

But for everyone else, the need for a daily dose depends on one's risk of a future infarction. Go to cvdrisk.nhlbi.nih.gov and enter your age, total and HDL cholesterol numbers, and systolic blood pressure into the Framingham Risk Calculator, a tool that



MY SKIN FLARES UP WHEN I DRINK ALCOHOL. AM I ALLERGIC? – RAMONE

NO. We don't often say this, but try swapping your glass of red for a beer. Histamine is one likely cause of your redness, and wine packs more. Wheat beer's your top bet: It's higher in brewer's yeast – a sure sign of low histamine, says the American Society of Brewing Chemists. And don't worry – your reaction to drink is natural. Acetaldehyde, a by-product of alcohol, is broken down less efficiently in some people. This toxin causes a "flush," says dermatologist Matthew Gass. Just order a Kronenbourg Blanc and go with the glow.

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This balancing act on water can fortify and supercharge your bones.

WAVE OFF WEAK BONES

Even fun, low-impact sports may bring big benefits. According to new Australian research, **surfing can build bones of steel**. Surfers in the study had up to 22 percent higher bone density in their arms, ribs and spine than sedentary folks. That's because paddling out and riding in uses muscles that cue your bones to thicken. However, leg-bone density was only marginally better in these athletes. To keep your stilts strong, balance low-impact sports (such as surfing, cycling and swimming) with high-impact activities like running and strength training.

HURTING? IT'S OKAY TO WINE

Between sports and workouts, it's easy to injure your knees. So let's raise a glass to this finding: **Drinking wine might help you avoid knee trouble.** In a UK study, people who imbibed four to six glasses of wine a week were 45 percent less likely to develop knee osteoarthritis than those who abstained. The key ingredient: resveratrol, a polyphenol that may help prevent and repair joint damage. Sorry, but beer won't do the same trick, possibly because its high uric acid content raises the risk of osteoarthritis.



WEIRD SCIENCE THAT WORKS

- **THE FINDING** Men who are regulars in the sauna (two or three times a week) are 27 percent less likely to die of cardiovascular disease than those who hit the hot box just once a week, a study in *Jama Internal Medicine* reports. Author Dr Jari Laukkanen says sitting in the sauna helps your blood vessels expand and pump more efficiently.
- **APPLY IT** Aim to hit the sauna two or three times a week, and try to make each session last 10 to 20 minutes.

ESCAPE A DEADLY DUO

The Reaper is running a two-for-one deal: **Having high blood sugar can signal diabetes and raise your odds of pancreatic cancer,** according to researchers in Taiwan. Each 10-point increment above 100mg/dl fasting glucose was linked to a 14 percent higher risk of the cancer. Blame the tumour's sweet tooth: Cancer cells rely on glucose for growth, says study author Dr Liao Wei-chih. If you can't remember when you last had your blood sugar checked, see your doctor ASAP.

43

The percentage of patients who would withhold medical info from a healthcare provider.

SOURCE: *JOURNAL OF GENERAL INTERNAL MEDICINE*

QUELL THE QUEASY

Turn down your barf setting: According to new Canadian research, **a whiff of the right scent can help combat motion sickness.** When people smelled rose oil and then viewed a 14-minute video

designed to bring on nausea, they reported feeling 50 percent less queasy than those who sniffed leather or nothing at all. Study author Behrang Keshavarz says certain odours could

elicit positive emotions that are powerful enough to distract your brain from the motion sickness. A sniff of your favourite cologne may offer a similar stomach-soothing effect, he says.

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NUTRITION

BULLETIN

SOFT DRINKS, HARD TRUTH

Sorry to burst your bubbles: **Drinking soft drinks may raise your risk of liver cancer**, according to a *European Journal of Nutrition* study. People who sipped six or more soft drinks a week were 83 percent more likely to develop liver cancer than soda-free folks, the authors found. They speculate that your liver may quickly absorb the sugars in soft drinks and convert them to fat, which in turn builds up in the organ and causes inflammation. As for diet soft drinks, each one you plug weekly could raise your cancer risk by 6 percent. So go with H₂O, or if that's a shock to your fizzy-ology, reach for zero-calorie seltzer.

START A BRAN NEW PLAN

Your new cholesterol fix may not come in a pill. Recent Harvard University research reveals that **oat bran may cut your risk of dying of heart disease**. People who consumed 10g (around two teaspoons) of bran a day had a 20 percent lower risk of death by heart disease than those who ate less. The researchers say bran's high fibre content may block absorption of LDL cholesterol. Next time you make waffles, sprinkle oat bran on the waffle iron for added crunch.

STEALTH HEALTH FOOD

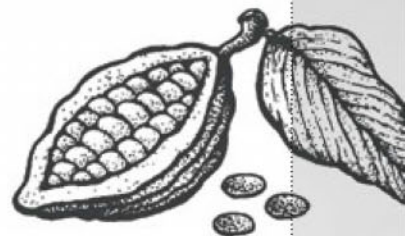
■ **WHAT IT IS** Swiss chard, a leafy green with a subtly bitter bite that mellows slightly when cooked.

■ **WHY IT'S HEALTHY** It's a good source of vitamins

K (to build bones), A (for eye health) and C (for tissue repair).

■ **HOW TO EAT IT** Like spinach or kale: Try it raw with oil, vinegar and shaved

Parmesan. Saute roughly torn leaves to fold into an omelette, or julienne the stems and toss them into a crisp coleslaw to top your hot dog.



WHY CACAO BEANS COUNT

Maybe Willy Wonka was on the right track: **Cacao might keep your arteries healthy**, the *Journal of Hypertension* reports. People who sipped a cacao-based drink daily for a week scored up to 32 percent better on a test of circulatory system function than abstainers did. The flavonoids in cacao may help blood vessels dilate, the scientists say. Aim for 200mg of the antioxidants daily. You'll net about that from a square of 70 percent dark chocolate.

23

The percentage of US adult population who eat vegetables less than once a day.

SOURCE: CDC

■ PHOTO: FSTOP/CORBIS ■ ILLUSTRATION: IGOR SERAZETDINOV/123RF

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SWEAT YOUR BALLS OFF



Advantage, innovation: **Cardio tennis, which combines tennis with bodyweight exercises, is a heart-rate-blasting challenge.** In a new study from Australia, the combo caused men to hit a heart rate that was 74 percent of their max halfway through and after a 50-minute session. "You maintain a high heart rate because there aren't stoppages," says study author Alistair Murphy of Charles Sturt University. Ready to play? After each game, do one of these exercises for one minute: jumping jacks, push-ups, squats and lateral shuffles.



WATER, MAN

Some guys sweat buckets; others cups. Use this formula to know how much to drink during a race, so you don't lose more than 2 percent of your body mass in sweat, says Evan Johnson, an American researcher.

1 STAND ON THE SCALE

Weight yourself. Do an hour-long race-pace run in temperatures similar to those your event will be in. Don't drink (or pee). When you return, weight yourself again.

Example:

- Weight 1 = 200lbs (2.2lbs = 1kg)
- Weight 2 = 197lbs

2 FIND YOUR SWEAT RATE

Multiply the difference by how many hours the race will take you. Divide it by your starting weight. That's the percentage of your weight you'll lose. Subtract 2 percent.

- $3 \times 2 \text{ hours} = 6$
- $6/200 = 3\%$
- $3\% - 2\% = 1\%$

3 FILL YOUR BOTTLES

Multiply that number by your starting weight, and then multiply by 15.4. That's the amount of water in ounces you need to drink to ensure peak performance.

- $0.01 \times 200 = 2$
- $2 \times 15.4 = 30.8\text{oz}$ (1oz = 30ml)

PHOTOS (MAIN) RADUIS IMAGES/CORBIS & (MAN WITH PHONE) TIM TADDER/CORBIS
ILLUSTRATIONS JATUPON KUMDINPITAK/123RF

39

The percentage reduction in the injury risk of runners who rotate between at least two pairs of shoes, versus that of runners who stick to just one pair.

SOURCE: SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS

RHYTHM AND CRUISE

To stay in shape, just stay tuned: **Music can speed your running as well as your recovery**, a new Brazilian study reveals. Guys who listened to music before, during and after a 5K improved their times by a minute. They also saw their heart and nervous-system function return to normal faster than when they went music-free. The playlist? Motivational tunes before and during the run, and chill tracks afterwards. "Calming music helps you relax and recover," says study author Marcelo Bigliassi.



WEAK HAMSTRINGS

Any sport demanding explosive moves puts weak hamstrings at risk. Besides exercises like deadlifts and swings, try the assisted Nordic hamstring curl, says Martyn Matthews, a professor of sports science. It allows you to achieve a full range of motion and more reps. Kneel and have a partner stand on the soles of your shoes holding a resistance band that's looped around your chest. Lower your torso as far as you can; your partner may have to adjust the tension. Pull yourself back up. Do 10 reps three times a week.



FASTED CARDIO

You can **burn up to 20 percent more fat by exercising before breakfast**, Northumbria University in the UK found. But spare your body the shock of high-intensity interval training. Moderate, steady-state cardio works best.



SHELVE THE CELL

Researchers from Kent State University's College of Education in the US found that **texting and talking on smartphones during exercise – especially on a treadmill – cause a reduction in intensity.** However, the average treadmill speed and heart rate is increased for an individual who listens solely to music. "If one is looking to get the most benefits and improvements out of their workout, leave the smartphone in the locker room and enjoy your music with another device," says researcher Jacob Barkley.

WEIGHT LOSS

Bulletin



BREW UP A BETTER BODY

Cut the jiggle – and the caffeine. A British study suggests that **decaf green tea may help you torch fat**. Men who took a daily 571mg decaffeinated green tea capsule (equivalent to six cups or so) for a month saw their fat oxidation rates during exercise rise 25 percent more than those of a placebo group. That may have helped them shed 1.6 percent of their body fat. It's the tea's catechin content, not the caffeine, that boosts metabolism, says study author Justin Roberts. To enhance your workout's fat-burning effects, take two capsules of Now EGCg Green Tea Extract (\$15, bodybuilding.com) before you hit the gym.



STAND UP

Your sedentary lifestyle might hamper weight loss, elevate blood sugar levels and slow down metabolism. The solution? **Stand for at least two hours a day during working hours**, according to a set of guidelines published in the *British Journal of Sports Medicine*. Similar studies have also found that physical inactivity is the primary cause of obesity and fatty liver disease.

■ PHOTO ADRIANNA WILLIAMS/CORBIS ■ ILLUSTRATION (OFFICE GUY) BJORN RUNE LIE/CORBIS



WHAT THE HECK IS THAT?

► THE TERM

Medium-chain triglycerides

► WHAT THEY ARE

MCTs are fatty acids that are rapidly metabolised and can help you lose weight. In a New Zealand study, people who replaced some of their dietary fats with oils containing MCTs cut their waist circumference by 1½cm after about 10 weeks.

► HOW TO EAT

MORE Sub in coconut oil for your usual cooking oil. A tablespoon a day is optimal for MCT intake.

SEEING IS SLIMMING

Your eyes are the windows to your belly: According to new Dutch research, **photos of proper snack portions can be a useful weight loss tool**. People who were given a bag of peanut M&Ms that included a photo of an appropriate portion served themselves 10 to 15 fewer pieces than those who didn't see the pic. Visual depictions avoid guesswork based on the bag size and can help you stick to the serving recommendation, says study author Iris Versluis. The app Calorific (free, iOS) shows you what 200 calories looks like for more than 180 different snacks.

WATCH YOUR MOUTH AT WORK

Munchies memo: **You're more likely to pig out at your desk than at the kitchen table**. A study in the journal *Appetite* found that the chances of snacking were 60 percent higher in the workplace than at home. One factor could be all that multitasking, says study author Jodi Liu. You may nosh mindlessly when you're balancing many projects. So stock your desk drawer with healthy snacks, such as nuts or trail mix, and divide them into smaller helpings to avoid emptying an entire bag.



The percentage reduction in lunchtime calorie consumption by people who ate oatmeal for breakfast, versus those who had cornflakes instead.

SOURCE: ANNALS OF NUTRITION AND METABOLISM



TIME TO MOVE

A study published in *Occupational and Environmental Medicine* has suggested that **living near a busy road, railroad or under aircraft noise will lead to larger waist sizes and waist-to-hip ratios**. The researchers suggest that high levels of noise pollution could result in higher levels of the hormone cortisol, which are linked to play a role in fat deposition around the abdominal area.



SEX

BULLETIN

KEEP IT IN YOUR PANTS

Your wad of money, that is. **Women are more attracted to men who save money**, an American study reveals. Dating profiles of people who stated that they had saved most of a financial windfall were deemed 36 percent more desirable than those who spent it. Saving shows self-control, says study author Scott Rick, while spending can signal rash behaviours like belligerence or even cheating. So don't be a tightwad, but do point out your smart-money ways.

97

The percentage of single women who say a man's sense of humour is as important as his physical attractiveness.

SOURCE: MATCH'S SINGLES IN AMERICA STUDY, 2015



DO IT FOR HER

► **THE FINDING** When women feel pain during sex, 43 percent of the time they don't tell their spouse, *The Journal of Sexual Medicine* reports.

► **THE SCIENCE** Women are socialised to please, so she may be reluctant to break the mood, says study author Dr Debby Herbenick.

► **YOUR PLAY** When you're both outside the bedroom, ask her how sex feels. Keep some water-based lube bedside to help reduce friction.



YOU DID WHAT WITH HER?

Sometimes it's hard to tell how your friendship with another woman might bother your significant other. In a new study in

Evolutionary Psychological Science, women rated how upset they would be if their man did certain things (see chart) with

another woman. We left "sex" and "showering together" off the list – we figured you would already know where they would rank, right?

PHOTO: VINCENT BESNAULT/CORBIS

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BECOMING LEE KUAN YEW

ADRIAN PANG SHARES HIS REFLECTIONS
ON PLAYING SINGAPORE'S FIRST PRIME
MINISTER IN *THE LKY MUSICAL*.

■ TEXT KELVIN TAN ■ PHOTOGRAPHY MICHAEL TAN ■ ART DIRECTION JASON TAN ■ STYLING SHEH ■ GROOMING DAX LYE
■ SUIT CLUB MONACO ■ RED TIE AND WHITE SHIRT TOP MAN ■ SHOES PEDRO ■ WATCH CLAUDE BERNARD



Adrian Pang has played many roles in a long and distinguished career, from anguished royalty in *Hamlet* to legal eagle in *Parental Guidance* and *Red Thread*. He's also not unaccustomed to the limelight, having shared the big screen with Hollywood stars such as Brad Pitt and Robert Redford in *Spy Game*.

But nothing quite compares to the mammoth task of playing the role of arguably Singapore's greatest citizen – Lee Kuan Yew – in *The LKY Musical*.

The production, which opened last month, charts the formative years of Singapore's first Prime Minister, from narrowly surviving the Sook Ching massacre as a young man during the Japanese Occupation to the development of his political career, including the racial unrest and communist threats of the

1950s, and the nation's independence in 1965.

Adrian shared with *Men's Health* his thoughts about taking on the role, as well as some life lessons gleaned from the late statesman.

What were your first thoughts when offered the role?

Everyone has preferences for certain types of roles, and undoubtedly there's so much to the legend and persona of Mr Lee, especially since he just passed on. There's that extra sentiment that's part of the package. I'm very grateful for the role, but I've had to also try to ignore all that, because it gets in the way.

You just have to leave that aside and try to get on with the job of playing the role – much like how LKY held on to the

strength of his convictions. People keep asking me:

"Eh, you're in that LKY movie, ah?" And when I explain it's a theatre production, they're surprised... and then further flabbergasted to learn it's a musical. Some even ask if LKY could sing! I usually reply by asking if cats can sing [a quip on the famous musical *Cats*].

Did you have to do much research?

Because Mr Lee is held in such high esteem, and there's so much history as a public figure, there are so many conflicting views and stories about him. I feel there's a duty to try to do as much research and homework as possible.

There's plenty. You've just got to be smart about how to go about it. My dad was very sweet – he bought me a DVD about LKY. Now with the Internet, there's no excuse, of course. There are so many clips of him there. It's a real help for actors these days, as there's no need to make up things. It's all there and access is free. However, it's not "LKY according to Adrian Pang." It's our job as actors to try to condense it all, and entertain.

Did you discover anything interesting about the man behind the public persona?

The musical isn't about "look how great this guy was." It exposes his strengths and foibles. It's about speaking certain facts that don't necessarily show him in a glowing light. In a sense, you could say we are trying to show the life and times of Lee Kuan Yew, and the key moments that defined him... and us!

Playing the role, I found a different perspective on occasion. The thing that

**"WHAT
RESONATES
WITH ME MOST
WAS HIM AS A
HUSBAND. HE
AND MRS LEE
WERE A VERY
LOVING COUPLE
SUPPORTING
EACH OTHER
THROUGH
TRICKY TIMES."**

resonates with me the most was him as a husband. He and Mrs Lee were a very loving couple that supported each other and saw each other through very tricky times.

One key aspect of the musical covers Mr Lee's time spent in England. What did you discover while researching this?

His time at Cambridge was pivotal – it impacted on him heavily, and was the foundation for his thinking later on in his life. It fired him

up, and the scenes in the musical show what made him want to come back to Singapore to effect change.

But it was also the period when his relationship with his then-girlfriend went through testing times. There are a few scenes where he is in the midst of making some big decisions, and at the end of the day, he comes home and she helps calm him down and see through all the bull.

In my opinion, Mr Lee was very lucky to have a partner like her. In the musical, his proposal to her says it all:

“NOT MANY PEOPLE KNOW HE WAS QUITE A DRINKER IN HIS YOUNGER DAYS, AND A DECENT SINGER, TOO! HE WAS JUST LIKE EVERYONE HIS AGE – LIKE THE REST OF US.”

I want a woman who can take care of herself. The subtext is that he knows the rest of his life is going to be rough, and doesn't want her to feel abandoned. In some way, perhaps that's the precursor of the cliched Singaporean proposal: "Do you want to get an HDB flat?" It's pragmatic but also honest. Of course, in the musical, Mr Lee breaks out in song after that, so there's some romance there.

It's kind of like the relationship between my wife, Tracie, and me. We run a theatre company, and as a man-child, I'm totally reliant on this woman to help make my life make sense, and to embrace all my foibles.

Does anything in this musical explore parts of Mr Lee's life that wasn't well known?

Not many people know he was quite a drinker in his younger days. And he was a pretty decent singer, too! There's a scene where it shows Mr Lee in his 20s with his buddies having a little gathering in Cambridge. They were supposed to have a political discussion, but it quickly ends up being a great drinking session. It might have been funny if they played drinking games where everyone took a gulp every time someone said "Malaysian Peninsula" or "merger." History tends to put personalities on a pedestal, but sometimes they're just men of their times, like the rest of us.

How does the musical end?

It ends in 1965. Mr Lee realises this is a whole new start again – not just his own life but that of Singapore. Not a bad way to segue into the SG50 celebrations, hey?

The LKY Musical runs now till Aug 16 at Marina Bay Sands. Tickets from \$58, available from Sistic.





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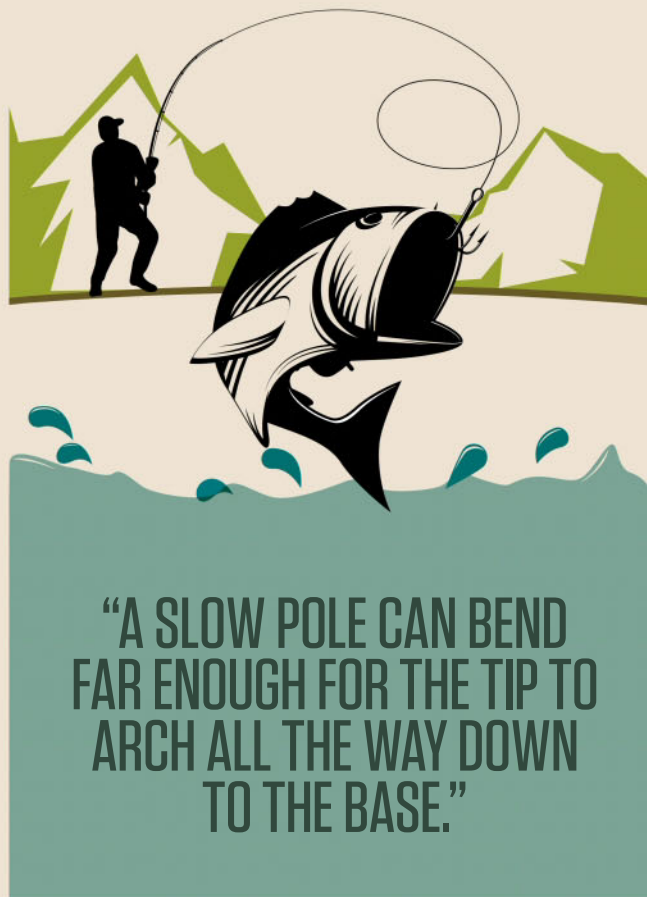
EQUIPPING YOURSELF WITH THE PERFECT ROD WILL HELP YOU SEIZE THE CATCH OF THE DAY.

M

ost tales about the one that got away give the fish too much credit. The truth is, you may have been ill-equipped to handle it in the first place. An ideal rod and spinning reel have the backbone to land a lunker and make a tug-of-war with a guppy feel exciting. Keep these factors in mind as you upgrade your gear to top-notch tackle. We bet the fish are already quaking in their scales.

ACTION AND POWER

"Action" is a term for rod flexibility, which can be slow, medium or fast, says Todd Kuhn, a Nasa scientist and former pro tour angler. A slow pole can bend far enough for the tip to arch all the way down to the base. But because there's so much play, it can be hard to cast well. By contrast, a fast rod will flex only at the tip, which can make wiggling a lure in the water more difficult. So choose medium action – you'll cast like a master and move your lure



like fish food. Another metric, called "power," ranges from light to heavy and refers to how much torque it takes to set a hook. Go medium here, too, Todd advises. You can use heavier lures and still set the hook with a flick of your wrist.

GUIDES

Line guides, or "eyes," are the rings that help channel the monofilament from your reel to the tip of the rod. They can be made from a variety of materials, including ceramic, silicon carbide and nickel

titanium alloy. But buy titanium: It has the smoothest surface, and less friction means a longer cast, says Jerry Gibbs, former fishing editor of *Outdoor Life*. The other advantage of titanium guides is that they're strong enough to resist breaking or bending when a whopper puts its full flipping weight on the line.

SHAFT AND HANDLE

The strongest, most durable shafts are either graphite or fibreglass. If anglers have a

gripe with graphite, it's that the material is too sensitive – you'll feel every little nibble, prompting you to try to set the hook before the fish has completely swallowed it, says Jerry. So go with fibreglass – it's less sensitive due to its natural vibration-dampening qualities. Add a cork handle, which is more sensitive than the Eva foam alternative, and you'll get that perfect fish-sensing feel. But beware: Some cork handles are composite blends; the added filler will deteriorate over time, leaving you with an uneven, uncomfortable grip. Crappy cork has holes, colour variations or differing textures.

REEL

Sellers would love you to believe that reel quality begins and ends with the number of ball bearings inside. Don't take the bait. The smoothness of your spin, Todd explains, is dictated more by the machining of the drive gears. Simply put, a great reel has tight tolerances. It'll spin with the same fluidity regardless of how fast you're cranking. Test it yourself at the store. Avoid anything that stutters as you shift the speed of your retrieve, sort of like a car bucking and stalling after a gear shift. While you're at it, flip the bail as if to cast. When you turn the handle, it should snap swiftly back into place. Oh, and fishing's rough on a reel, so plastic parts can't hack it. Make sure major components are metal or an alloy.

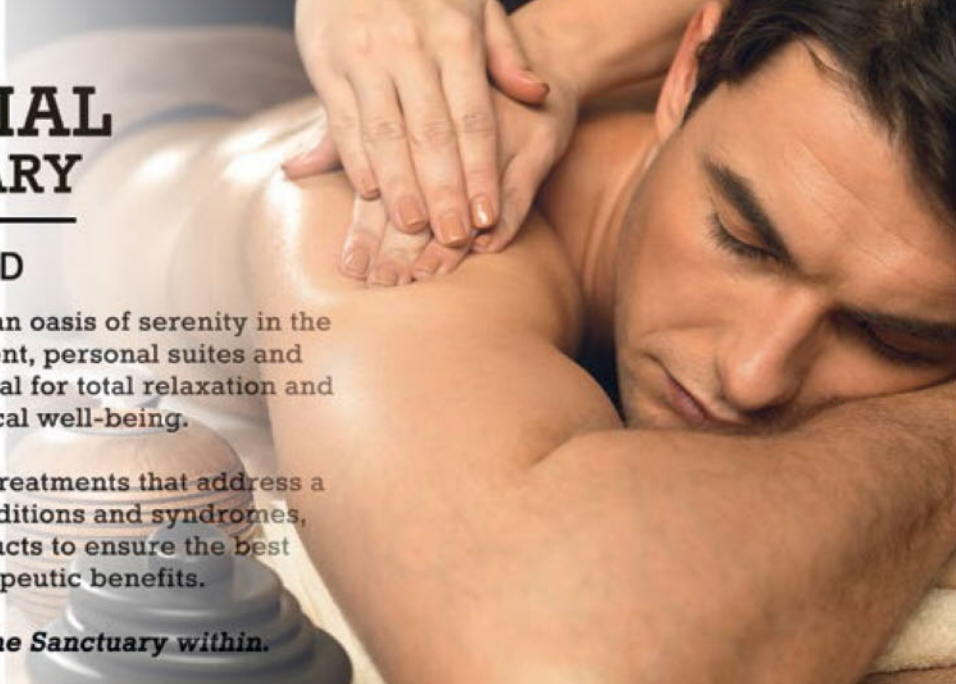
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How To Date

**ANGELINE
YAP**

SINGAPORE'S SEX SIREN

YOU'VE SEEN HER IN A RECENT
LOCAL FLICK, NOW FIND OUT
WHAT MAKES HER TICK.

Landing a role in one of Singapore's boldest films – Sam Loh's erotic thriller *Lang Tong* – is not a bad way to launch an acting career.

Granted, Angeline Yap will probably be remembered for her near-nude scenes in the tabloid-bait trailer of Sam's R21 flick – more so than for the character she plays, Li Er, who uses her sexuality to exploit and ruin the film's male lead. But with this, the newcomer has gone from small-time on local TV and beauty pageants to become a household name; a sex siren tearing down taboos.

After all, notes the 28-year-old Singaporean, if she's going to take on a role like Li Er, it's her duty as an actress to honour those circumstances. Her lithe body was part of the plot, and fake sex with actor William Lawandi, who played the male lead, was an act of female empowerment.

With that setting the tone of our meeting, she agreed to give us an education in dating etiquette, and provide an insight into what women really want from us.

“A PERFECT DATE
WOULD BE ABOUT
SPENDING TIME
DOING SOMETHING
TOGETHER. THE
BOTTOM LINE:
IF IT COMES FROM
YOUR HEART, I'LL
FEEL IT.”


DIGITAL EXTRA!

Download *Men's Health Singapore* on Magzter or Apple Newsstand for more of Angeline Yap.



HOLD YOUR HORSES

"On the first date, it's better not to talk about sex, especially if you're serious about the girl. Get to know her first. After that, it all depends on chemistry and comfort levels between the two of you."

LIFT HER UP

"A guy should always respect the girl, and show sincerity, care and concern – not make her feel like he just wants sex. It's the little things, like fetching her from work, buying her food. These count."

MEAN WHAT YOU SAY

"A guy once came up to me at a club and said: 'I think you're the cutest girl in this club.' It's not a bad pick-up line, but it didn't work because it didn't feel like he meant what he said. The most important characteristic a guy can have is honesty. Relationship is all about trust."

NO CHEATING

"Being committed shows maturity, and that you're thinking about a future together. If a guy cheats on me, that's a deal breaker. I may give him a second chance if I really love him, but no more."

BE HER ROCK

"I like a guy who's encouraging, understanding and supportive of my acting career. I don't like jealous types. I would date a fellow actor because we have the same passion, so we're more likely to understand each other."

GIVE THOUGHTFUL GIFTS

"I'll appreciate anything you cook for me, even if it's burned. What matters is that you put in the effort. I'm definitely low-maintenance. I don't mind having a Chanel bag, but only if you can afford it. Buying flowers and surprising me with a staycation is sweet – I'd like it more than expensive gifts. A perfect date would be about spending time and doing something together: having a meal, watching a movie or going on a short vacation. The bottom line: If it comes from your heart, I'll feel it."

CUT A CLEAN FIGURE

"Guys who are presentable and well-groomed, lean and fit are my type. A six-pack is a bonus."

"THE MOST
IMPORTANT
CHARACTERISTIC A
GUY CAN HAVE IS
HONESTY. IT'S ALL
ABOUT TRUST."



GET HER DOG BACK

RUFUS RAN AWAY. WHAT'S YOUR PLAY?

S

Someone left the door open and now Rufus is AWOL – absent without leash. Guess whose turn it is to play retriever? Correct. But that requires an action plan.

Do you run around the neighbourhood? Stay put and shout? And at what point

do you just leave food outside and put up flyers?

Don't bother calling from the door or waiting for her canine to come home. Since any freshly liberated dog will want to explore its new turf, Rufus could be out of earshot or too distracted to listen, says Ken

Licklider, star of the Nat Geo show *Alpha Dogs*.

The better move: Sniff out where Rufus is headed, Ken says.

Dogs navigate the world by scent, so they'll generally head towards the most odoriferous areas.

If it's a breezy day, head upwind.

If it's calm, consider the most pungent places in your area – like the wet market or hawker centre, or an apartment complex with overfilled dumpsters.

Head there on foot and call out at intervals as you go.

If her hound

hears that you're close, he might be reminded he's tired and lonely, or just plain ready to go home.

No matter what, don't act as if her pooch is in the doghouse. If he feels like he's in trouble, he might stay away. And that would be a doggone shame.

CATCH HER EYE

All it takes is a little help from man's best friend.

Need a new wingman? Hit the pet store: Owning a dog makes you more attractive to the fairer sex, says Israeli research.

After reading descriptions of different men, women preferred males with pups when selecting their ideal partner for the long run.

But there's a twist. Dogs only increased the chances in guys that gave off a bad-boy vibe – that

is, socially dominant, competitive and brave.

Women want the best of both worlds: someone who is buff and dangerous, but sincere and a good provider, says study author Daniel Kruger.

In real life, there are always trade-offs in these characteristics, but having a dog markets a man as being caring and responsible, he notes.

—ASHLEY BALCERZAK

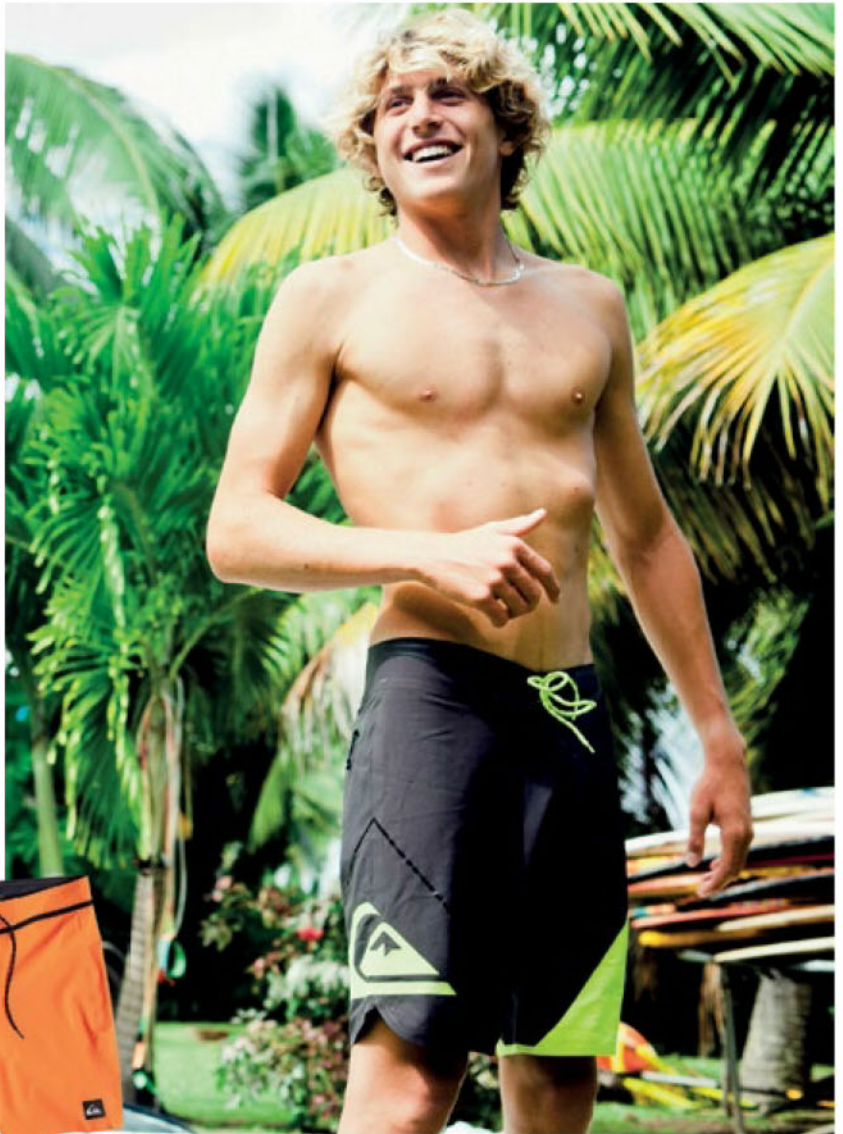
RIDE THE WAVE

ERGONOMICALLY DESIGNED, LIGHTWEIGHT AND QUICK-DRYING, THE REVAMPED AG47 BOARD SHORTS FROM QUIKSILVER IS YOUR IDEAL COMPANION IN THE WATER.

A day at the beach is all about enjoying the moment and having fun, whether it's playing beach volleyball or hitting the waves on your surfboard. Ideally you'd want to be outfitted in something comfortable, fitting and waterproof. The answer: the AG47 board shorts from Quiksilver.

One key update is its waterproof feature. A hydrophobic water-repellent coat invented by 3M, called Scotchgard Protector Repellant, has been infused into the short's fabric. Instead of being soaked up by the fabric, water simply beads up and rolls off. The AG47 dries in minutes and lets you walk about drip-free.

Another cool fact: These incredibly comfy board shorts are made from old plastic bottles. No less than 11 of such bottles go into fashioning the Repreve fabric used in these shorts. A durable, lightweight polyester yarn, Repreve is working proof that environmental sustainability need not mean a compromise in performance.



EXCEPTIONALLY COMFORTABLE, THE AG47 BOARD SHORTS OFFER UNRESTRICTED MOVEMENT.

Available in four colours, the range of AG47 also features an ergonomically designed waistband that will stay on comfortably the moment you tie the cords. Thanks to a webbed rayon dobby weave, the shorts will grip smoothly in the same way swimming trunks work. But unlike trunks, which can get a little too tight, the AG47 offers unrestricted movement by way of Dry Flight – a four-way stretch fabric that will let the wearer move freely without restriction.

With its heat- and laser-welded one-piece construction, the stitch-less AG47 is also exceptionally comfortable, eliminating the possibility of salt rash or, worse, abrasions.

Quiksilver outlets are located at Orchard Central, Vivocity, Bugis+, Marina Square, JEM and Tampines Mall. For more information, visit www.quiksilver.com.sg.

COOL DEAL

Show this page at any Quiksilver outlet and get 20 per cent off a pair of the new Quiksilver AG47 board shorts. The promotion ends Aug 31, 2015.





POST NO WRONG

THERE ARE SOME THINGS
YOU JUST SHOULDN'T MENTION ON SOCIAL
MEDIA, SAYS SONIA SANDHU.

W

e live in a world where there's too much information – everywhere and all the time. And a lot of this info comes from ourselves, in the form of what we post on our social media accounts. Some people have the tendency to over-share. A lot of the time it's women, probably because we're more emotional beings, and some of us just can't help but share every minute detail of our lives, including how we feel and what we think about something or someone.

However, there is a fair number of men who are guilty of such behaviour, too. Posting inappropriate things on sites like Facebook isn't a good idea, especially when it reflects badly on us.

So here's a guide to what you shouldn't post on social media, because it either annoys or embarrasses us – or both.

**“POSTING
INAPPROPRIATE
THINGS ON SITES
LIKE FACEBOOK
ISN'T A GOOD IDEA,
ESPECIALLY WHEN
IT REFLECTS BADLY
ON US.”**

PRIVATE

TOO MUCH LOVE

While we do love men who are good at expressing themselves, there's a limit to what we'd like to hear you say, and to whom you say these things. So while we like you pouring out your feelings to us, we'd rather you keep this between us and not mention it on social media. Being lovey-dovey is all well and good, but let's do it in private. So unless we're the type to constantly post on social media about how much we love you, please don't do the same to us – because, honestly, it can be downright embarrassing. And don't post intimate details of our life. Ever.



PLAYING GAMES

We know you have somewhat of an obsession with video/online games, but we'd prefer if nobody else knows about this. Talk to your buddies in your own time about your high score (or whatever it is you even do in these games – we have no idea), but don't broadcast it on social media. We'd be far happier if nobody else knows about how much time you spend on such games.



FOOTY MADNESS

Post all you like about your favourite team or even how excited you are about the big match tomorrow night. But do you really have to post status updates while watching the game? While we applaud your ability to multi-task (now you're able to do it?), we find it kind of pointless to be updating your feed when you know for a fact that all your friends who are fans would be

watching the game, too. Interact with them via text message or Whatsapp if you have to. (At least nobody else has to read them then.)



EX GAMES

Don't ever post anything about your ex-girlfriend, no matter how amicable the break-up. Do we really need to explain why?



RELATIONSHIP DRAMA

So we disagree on the urgency with which the dishwasher should be emptied. Yes, we all have opinions on that. But the only two that matter are yours and mine. Not our families, who we still need to see at year-end parties and family gatherings.



TRAVEL PLANS AND PICTURES

The whole point of going on vacation is to get away. So get away. Stop getting engrossed with your smartphone and start getting into the moment.



YOUR GIRL ASLEEP

We work hard to keep ourselves looking respectable, but it all goes down the crapper when you post that snap of us in slumber post-clubbing, with mascara and hair equally messed up. So resist that urge to post that snap with an "LOL". You're laughing out loud, but there's really little to laugh about.

HOW TO SAVE A LIFE

JETH NG SHARES WHAT IT'S LIKE TO DONATE YOUR BONE MARROW.

Six years ago, Jeth Ng signed up for the Bone Marrow Donor Programme (BMDP), a non-profit group that manages a database of potential donors.

Bone marrow transplants can save the lives of people suffering from more than 60 diseases, including several types of leukaemia. However, the chances of a donor-patient match can be as low as one in 20,000.

Last year, Jeth made good on his word. Thanks to him, 24-year-old LaSalle College of the Arts graduate Narita Nikitina now has a fighting chance against acute myelogenous leukaemia, a type of blood cancer.

In May, BMDP arranged for them to meet for the first time. The 28-year-old tells us it was a moment he will never forget.

HOW DID YOU FEEL WHEN YOU MET NARITA?

The first thing Narita said to me was "Thank you." And I could feel it came from the heart. I didn't cry like she did, but I was moved. Up till this moment, I had always thought donating my bone marrow was no big deal. I actually signed up and forgot about it until BMDP called.

BUT YOUR ACT OF ALTRUISM HELPED SAVE SOMEONE'S LIFE.

This is nothing compared to the agony and pain the patient goes through. If anything,



"I'M WARDED, AND IT'S LIKE DONATING BLOOD, BUT I'M ON A BED FOR SIX HOURS."

I was humbled by the experience, especially after meeting Narita. I learnt it's no guarantee that the patient will recover; that even after the transplant, the survival rate is only 50 percent or so. I played only a small part – I'm thankful and happy that I could be of help. If you're given a chance to step up and help save a person's life, why not?

WHAT WAS THE PROCESS LIKE?

I met up with a coordinator from BMDP to understand the procedures and risks involved, and then went to the hospital for them to draw blood samples and confirm the match. I was given a series of injections – and I hate needles – to stimulate bone marrow production four consecutive days before the extraction. Then I'm warded, and it's like donating blood but I'm on a bed for six hours. I spent the time watching TV and listening to music. I did feel tired and sore from the injections, like I'd just exercised, and had to spend the night at the hospital for the doctor to make sure everything was fine. But after a day, I was back to normal. I even went trekking in Nepal a month later.

WHAT HAVE YOU LEARNT FROM THIS?

Funny enough, after the newspapers reported this, my family, friends and colleagues have continued to ask me if the process was painful, even though I kept saying it really was not. It's painless and straightforward. Singaporeans are very fortunate. There's a lot we take for granted: our family, friends, health, life. I now realise it's important to not only cherish these things and be grateful for them, but also help others whenever you can, especially if it's within your means.

REVIVE YOUR MANHOOD WITH *ED1000*



What is ED1000?

ED1000 is a revolutionary low-intensity shockwave therapy to stimulate new blood vessels formation in your manhood, resulting in improvement in your erections. There are more than 10 big-size clinical studies proving its efficacy and it is approved by the Health Sciences Authority (HSA) of Singapore.

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It is the **ONLY** treatment available that is able to CURE ED for most men. Other treatments only BYPASS ED TEMPORARILY. If you are healthy and young, you will most likely be able to completely lay off ED medications after ED1000 treatment. Boasting no pain, swelling, downtime or side-effects, and a success rate of 76%, it has saved many men from embarrassing erection issues.

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Dr Israr Wong
Medical Director
The Knightsbridge Clinic

Dr Israr Wong has vast experience with ED1000, being the clinic with the second-largest number of patients treated with ED1000 in Singapore.



THE
KNIGHTSBRIDGE
CLINIC

LOG OUT OF TRAVEL SICKNESS

RESET YOUR COMMUTING HABITS TO PREVENT SCREEN-TIME FROM HARMING YOUR HEALTH. KEEP ON SCROLLING.

1

BACK UP INFORMATION

Stooping to read a hilarious text places up to 27kg of extra weight on your spine. To counter it, lift your phone to chest height. Or try this exercise from osteopath Darren Chandler: Stand up against a wall and push your chin down with your index finger, while keeping your head on the wall. You'll be an upright citizen again.

2

PUT WORK ANXIETY ON SILENT MODE

Your pinging phone doesn't just irk your fellow commuters. Loughborough University in the UK found the compulsion to check and answer messages leads to spikes in cortisol and blood pressure. Switch off social media alerts, set a 10-minute Facebook limit, and check all e-mails within a pre-decided time frame. All LOL cats soon look alike.

3

INVEST IN ANTIVIRUS

Break out the hand sanitiser: American microbiologists found 10 times more nausea-causing bugs on mobiles than toilet seats. Keep your phone box-fresh and the only viruses you'll need to worry about are the ones on your PC.

4

TAP OUT OF THUMB PAIN

Typing and swiping all the way to work is a fast-track ticket to repetitive strain injury. The tiny joints and tendons are very susceptible to strain. Physio Katherine Cran advises using all your digits to type. You'll earn at least two "likes" from your long-suffering opposables.

5

ADJUST YOUR FOCUS

Screen strain can tire your eyes before the working day even begins. Turn down the brightness on your phone, increase the font size, and always hold it at least 10cm from your face, suggests ophthalmologist Jay Self. And never attempt to read while walking. The jerky-eye movements will make your head hurt, as will being inadvertently flattened by a double-decker bus.



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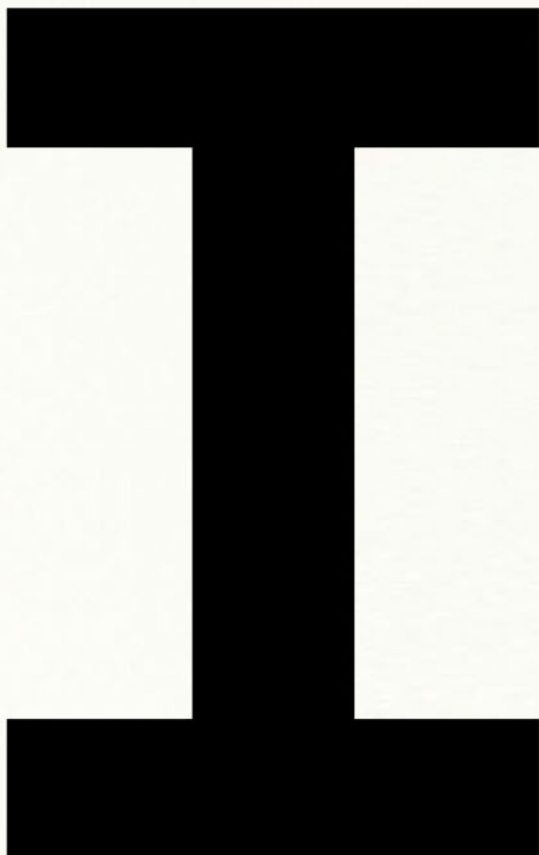
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20 SECRETS TO A HAPPIER LIFE

SINGING THE BLUES COULD BE HURTING YOU. USE THESE METHODS
TO SMILE AWAY SICKNESS AND LAUGH AT THE GRIM REAPER.



■ TEXT JULIE STEWART ■ PHOTOS LIAM NORRIS/CORBIS



Imagine if Big Pharma were able to patent a pill for happiness. There'd be smiley-faced bottles on drugstore shelves faster than you could say "blockbuster pharmaceutical." It isn't just that Medication H would be the ultimate antidepressant: Studies show that happiness can ward off infection, enhance memory, reduce pain and prevent heart disease. Side effects? None, other than mild jaw soreness (from all that smiling). But if not the pharmacy, where can you find more happiness? You're going to manufacture it. Your life is your lab, and what follows are your feel-good ingredients.

EAT MORE HAPPY MEALS

What's good for your heart may be a salve for your psyche. In a *Nutrition* study, people who ate a Mediterranean-style diet for 10 days reported more contentment than a control group did. Credit the mood-stabilising magnesium found in nuts, as well as the stress-reducing omega-3s in fatty fish.

DON'T SEE DOLLAR SIGNS

There's nothing wrong with chasing raises – unless you're trying to catch contentment. Richard Easterlin, a professor of economics at the University of Southern California, found that as people earn more, they acclimate and are no longer satisfied with the things they can afford. Ask for the kind of compensation that delivers on a deeper level: the option to telecommute. Workers who can do this are happier than their cubicle-bound counterparts, reports a Stanford University study.

GRAB A BUD

Take time to re-ignite an old romance. In a study in the journal *Emotion*, people who tried a variety of happiness-increasing activities reported that the most important and meaningful method was strengthening their relationships. Reconnecting with a pal may get you out of a funk, says study author Acacia Parks. To maximise the pay-off, make time for face time: Participants spent at least 40 minutes several times a week bonding.

GO NOWHERE FAST

You've heard of the runner's high, right? Well, this is the stationary cyclist's buzz. In a study conducted by Stanford University, people who pedalled at 50rpm for 15 minutes improved their mood by 19 percent. While researchers still haven't pinpointed exactly how

exercise lifts spirits so quickly, the effect may be the result of a sweat-fuelled boost in mood-enhancing endocannabinoids and neurotrophic factor, a protein that speeds up neural activity and protects the brain.

CLOCK-BLOCK YOURSELF

Only the real work deadlines are worth stressing over. A 2014 study published in the *Journal of Personality and Social Psychology* found that workers who always set arbitrary time limits on their tasks ("I can crank this out in under two hours") were less happy than people who didn't ("I'll work on this project until it's great"). Living by the clock can hinder both your creativity and ability to appreciate the good times, explains study author Anne Laure Sellier.

GIVE THANKS, GET HAPPY

It's easier to fix your outlook if

**"YOU CAN
FIX YOUR
OUTLOOK BY
WRITING ONE
THANK-YOU
LETTER A
WEEK AND
ENJOY
GREATER
HAPPINESS
AND WELL-
BEING."**

you have the right tools. In this case, that means pen and paper. In a study in the journal *Emotion*, people who wrote one thank-you letter a week experienced greater gains in happiness and well-being than those who simply listed their recent activities. The best part: You don't actually have to send the notes to feel the lift. You can thanks us later.

LIGHTEN UP

Miserable in the morning? People often turn grumpy when their sleep cycle is out of whack, says Mariana Figuerio, director of the Lighting Research Centre at the Rensselaer Polytechnic Institute in the US. The best way to reset is with morning illumination – it will suppress the sleep hormone melatonin. Eat breakfast by a window, or if it's still dark, buy bulbs that stimulate daylight, says Prof Figuerio. Look on the box for a correlated colour temperature (CCT) of 6,500K.

BE A BOOGIE MAN

Busting a move could bust your bad mood, British researchers report. People who danced for five minutes felt 16 percent happier than at the start of the experiment. The combination of movement and music may promote the release of endorphins, explains study author Liat Levita. Can't get down just now? Study participants also felt better after simply listening to an upbeat song.

SNACK FOR SWEET RELIEF

Fruit can pull you out of the pits. Research from the UK found that people who noshed on bananas, apples or clementines every day for 10 days reported a 32 percent decrease in anxiety compared to those who chomped on chocolate. That may be because those fruits are rich sources of vitamin C, a nutrient that's been shown to possess mood-lifting properties.

MIND THE MINUTIAE

Try this experiment: The next time you take a stroll outdoors, note any pleasing sights, sounds and scents. (Yes, that woman jogging past qualifies as a pleasing sight.) Now, savour them. Short-term positive emotions can brighten your outlook and eventually lead to lasting happiness, says Prof Parks.

TAKE A MENTAL SELFIE

Visualise yourself reaching your most important life goals. Do you like how that feels? Write it down. This technique is called the "best possible selves exercise," explains Sonja Lyubomirsky, a professor of psychology at the University of California at Riverside. It inspires you to work harder at whatever you're doing, which causes you to feel more optimistic.

GO ON A HEAD TRIP

When your 9-to-5 feels more like 10-to-life, escape from your prison walls. Surrounding yourself with nature is known to be restorative, says Elizabeth Nisbet, an assistant professor of psychology at Trent



University in Canada, but people always underestimate how much of a mood boost taking a walk outdoors actually offers. If you can't break free, then just bring the outdoors inside: People who have plants in their offices experience more workplace positivity, according to UK researchers.

DECONGEST YOUR DRIVE

Some commuting tools just aren't worth paying. Researchers in Canada report that people who have hour-long drives to and from their workplaces are less satisfied with their lives than those with shorter treks. The stress of being crunched for time and stuck in traffic can erode happiness, says study author Margo Hilbrecht. Until you change your address or your place of employment, hit "reroute" on your GPS. If you choose a commute option that steers clear of congested roads, your daily drive may feel a little less soul-crushing – even if it means you need to set your alarm a bit earlier, says Prof Hilbrecht.

EMBRACE CHEAP THRILLS

Adding variety to your schedule prevents "hedonic adaptation," which occurs when the initial high of a memorable moment – big or

small – wears off, states to a University of Missouri study in the US. Something as simple as a new workout once a week could be enough to keep your life from becoming rote, says Prof Lyubomirsky.

SUCK IT UP

Don't hold your breath waiting for your mood to improve. Ten minutes of mindful breathing can reduce negative thoughts to a significantly greater degree than simply letting your mind wander freely, a study in the *Journal of Research in Personality* found. To direct your attention away from doom and gloom, and focus on the present, close your eyes and take note of how each exhalation and inhalation feels, says study author Laura Kiken.

GIVE AWAY SOME DOUGH

Being generous brings happiness – as long as you feel connected to the charity or person you decide to help, reports a study in the *Journal of Positive Psychology*. Researchers say that knowing where and how a donation is put to use is more satisfying than shelling out money to a random group.

COMPARE AND DESPAIR

Screw the Joneses and anyone else you're gauging yourself

against. "People who are relatively happy tend not to compare themselves with others," says Prof Lyubomirsky. "Every time you find yourself dwelling on how your neighbour's house is better or your colleague makes more money, distract yourself." Watch your favourite TV show to choke off the envy before it makes your mope.

CROSS OFF CRANKINESS

Nothing sucks the joy from a day like a 17-line to-do list. So think of it as a want-to-do-list, says Cassie Mogilner, an assistant professor of marketing at the University of Pennsylvania in the US. Reframing duties as tasks that can benefit you will make you happier and more accomplished once you complete them, says Prof Mogilner. So instead of "Finish report," write "Finish report so I can take a day off next week."

GRIN AND WIN

It doesn't matter if you have nothing to smile about: Do it anyway. A study conducted at the University of Kansas in the US found that when people smiled through a difficult test, they reported feeling more positive afterwards than those who maintained a neutral expression. Note: Grinning for no apparent reason may make you look unbalanced, so employ this strategy with care.

CREATE HAPPY ENDINGS

You already know that sex is the original antidepressant. But what's the minimum effective dose? Researchers from the University of Colorado in the US concluded that people who reported having sex at least once a week were 44 percent more likely to experience higher levels of happiness than those who hadn't gotten lucky at all the past year. ("Honey, it's time for my treatment!")

**"PEOPLE WHO SMILED
THROUGH A DIFFICULT TEST
REPORTED FEELING MORE
POSITIVE THAN THOSE WHO
MAINTAINED A NEUTRAL
EXPRESSION."**



BEAT DEAFNESS

So you think you can't dance? If you often find yourself struggling to keep time with music, you may be suffering from beat deafness, a rare brain disorder that prevents people from synchronising their body movement with sound. Specifically, your auditory brain stem may be failing to efficiently fire off neurons that tell your feet to move to the beat, says Nina Kraus, principle investigatory at the Auditory Neuroscience Laboratory at Northwestern University in the US. Here's an easy test: Grab some friends and try tapping your feet to the song *Voyager* by Daft Punk. It plays at 120 beats per minute, which is a fairly standard tempo for dance music. If you struggle a great deal to keep up, you may be beat deaf. But don't be discouraged by your diagnosis. See "Be a boogie man" to find out how even just listening to some upbeat tunes can give you an extra lift.

– AMBER BRENZA

ECONOMY RICE 101

WHAT YOU PICK WHEN YOU'RE AT THE MIXED RICE STALL CAN MAKE OR BREAK YOUR DIET.



When faced with assorted cooked vegetables, meat dishes, seafood and a harried server behind a glass display, your day's lunch usually ends up being either the same old selection with white rice or a gut-feel pick of a balanced meal. You can do better.

After all, these iconic hawker storefronts are usually the best options for a personal serving of a balanced meal – that is (you guessed it) a quarter plate of rice for carbohydrates, one meat dish for protein, and two vegetable sides plus a fruit for fibre, says dietitian Goh Yiting of Tan Tock Seng Hospital's Nutrition and Dietetics Department.

We ask our experts to break down these mixed rice guidelines into the three main cuisines you'll find at the hawker centre, so you can, well, mix it up during feeding time.



CHINESE CAI FAN

"Ask for brown rice if it's available," suggests Yiting, explaining that it contains more fibre compared to jasmine rice. "Then choose one of these types of dishes: stir-fried vegetables and meat, and steamed fish, egg or tofu. If you select meat cooked in gravy, leave the gravy, skin and fat behind."

Avoid topping your rice with

curry or gravy, and skip dishes cooked with processed ingredients such as hot dogs, luncheon meat, fish ball, fish cake, salted egg and salted vegetables. "This helps reduce your sodium intake," Yiting advises. "Also, limit your intake of seafood such as sotong and animal organs, as these foods are high in cholesterol."



INDIAN BIRYANI

Order here as you would at the Malay stall, except that the choice of carbs has changed.

The long-grained basmati rice served here is lower in glycaemic index compared to white rice, notes Yiting, meaning it'll break down more slowly, keeping your blood sugar and insulin levels more stable.

The downside,

however, is that the nasi biryani version is usually cooked with ghee and, as a result, is high in fat – a whopping 9.9g per serving compared to 2g in nasi kunyit (yellow turmeric rice) and 0.3g in white rice.

“So ask for plain basmati rice if it's available,” says Yiting. “If it's not, go for plain jasmine rice.”

MALAY NASI PADANG

You'll find more curry and spicy dishes here. So choose food such as assam pedas fish or curry chicken without the gravy, says Yiting.

As for your side of vegetables, look for stir-fried dishes or those with the least gravy, says plant-based nutrition expert Hairin Bahren of MyMaha.com.

“The healthiest dishes contain vegetables that retain most of their original colour. It should not be discoloured by oil,

gravy or curry,” she explains.

“Your best bets are broccoli, carrots, cauliflowers and long beans.”

Hairin also recommends gado gado – steamed vegetables with peanut sauce that you can share with friends.

“You will get fibre and phytonutrients from vegetables, and the peanut sauce gives you a serving of protein and healthy fats,” she explains. “Just go easy on the deep-fried tofu and tempeh.”



DYNAMIC DUO

You can sock it to cancer with this one-two punch of fish and broccoli.

Tuna and halibut contain selenium, a mineral that raises your levels of a cancer-fighting enzyme called thioredoxin reductase (TR-1). Likewise, broccoli provides sulforaphane, a plant chemical that also

boosts TR-1. When British researchers combined these two nutrients, they noticed that the tag team was 13 times more effective at slowing the growth of cancer cells than each was individually. The scientists

believe that as selenium concentrations in your cells rise, the ability of sulforaphane to elevate TR-1 increases.

■ THE TAKE-HOME MESSAGE: Eat meat with vegetables regularly. Fish, beef, turkey,

Brazil nuts and mushrooms are also excellent sources of selenium. And cruciferous vegetables – like broccoli, cauliflower and cabbage – are loaded with sulforaphane.

– ELIZABETH DRAKE

A CUT ABOVE

COWS CAN OFFER SO MUCH MORE THAN THE PLAIN OLD STRIP. WE HELP YOU STEER HIGHER.

There's nothing wrong with your classic T-bone, filet mignon or sirloin. But you're missing out on the unique flavours in other parts of a cow. "We're seeing a resurgence of interest in the craft of butchery," says Sasha Conlan, founder of The Barbie Girls (www.thebarbiegirls.com), a web-to-door delivery service of fresh produce. "People

are discovering for themselves that there is more to a cow than steaks and a tail."

Our recent visit to Carnivore (www.carnivore.com.sg), a Brazilian barbecue restaurant, reminded us who really knows beef and fire. See, Brazilian butchers carve up a cow's rump differently. While they enjoy most parts of their fine cattle, the most famous and flavourful is the cut called picanha, which actually comes from the sirloin that usually gets sliced into steaks.

In Brazil, this slab – also known as rump cap – is cut into three thick pieces, with the layer of fat left on top and threaded onto sword-like skewers in a C shape, explains Carnivore's chef, Juliano Alves Lacerda. The meat is seasoned only with sea salt and cooked to medium rare over flames, such that the fat seeps down and blends with the salt. And then the swords are taken off the fire, and the chef cuts thin slices of the meat onto each diner's plate. You bet it tastes good.

A serving of rump will provide you with iron, which is needed for healthy blood and zinc (essential for sperm production and a strong immune system). So call up your fellow carnivores and sink your teeth in one of these beefy Brazilian beauties. Then turn the page for your guide to getting the most out of beef.





TEXT: KENNETH WEE & TOM BANHAM ■ PHOTOGRAPHY: VERNON WONG
ART DIRECTION: JASON TAN ■ LOCATION: CARNIVORE

EAT FOR FREE!

Tell us what you love about beef and stand a chance to win a meal for four at Carnivore. Send your entries to magmenshealth_promo@sph.com.sg now! Contest ends Aug 31, 2015.

TRY THIS: PICANHA

"I don't recommend sauces with rump," says Juliano. "There are already 'four tastes' in your mouth: fibre, blood, fat and salt. It's complete."

**TRY THIS: CUPIM**

This comes from the hump of the zebu cattle. "It's for people who don't like rare beef," Juliano offers. "It's soft and tender, with no blood and juice, and leaves a comfortable sensation in the mouth."

THE NO-BULL GUIDE TO BEEF

INCREASE IMMUNITY

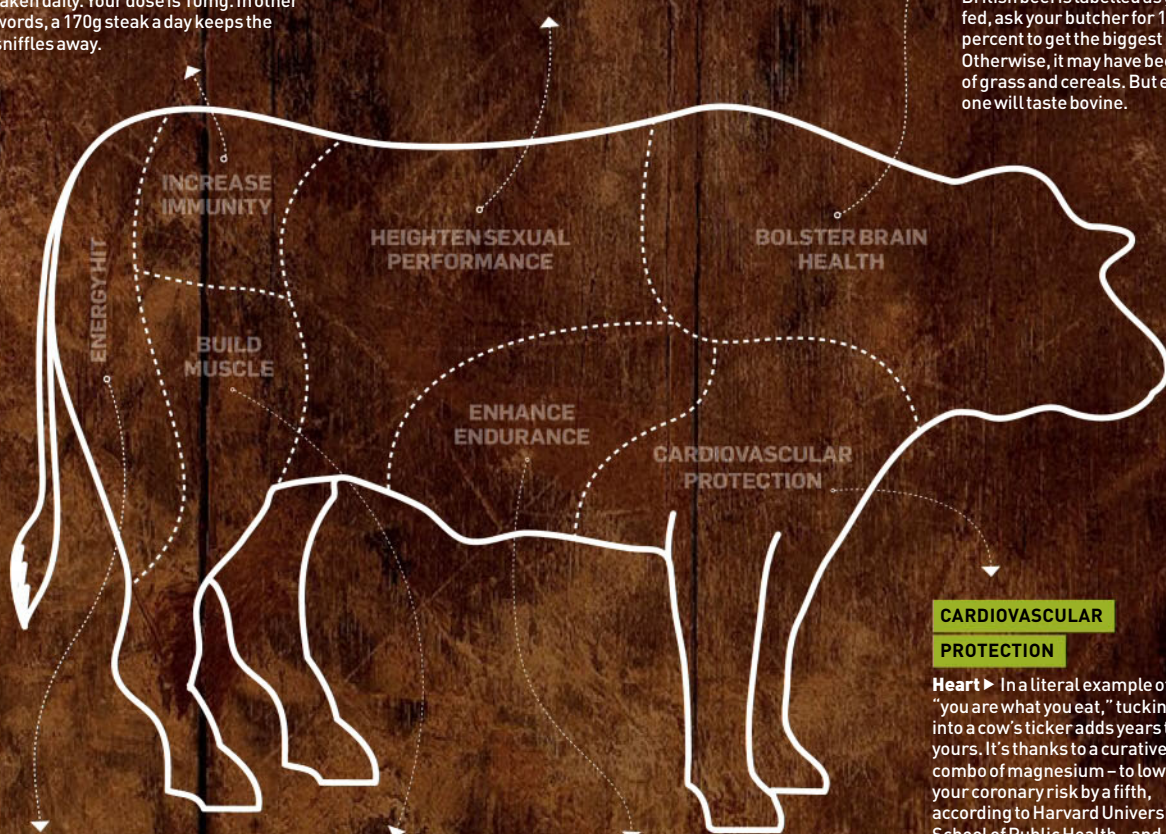
Rump ▶ While you're down with the flu, Joe from sales is eyeing your desk. Rump will outflank him better than any powdery lemon drink. "Beef is the best source of iron and zinc," says dietitian Gaynor Bussell. Crucially, the latter supports your immune system and shortens colds when taken daily. Your dose is 10mg. In other words, a 170g steak a day keeps the sniffles away.

HEIGHTEN SEXUAL PERFORMANCE

T-Bone ▶ Cholesterol gets a bad rap, but cut it out entirely and expect problems between the sheets. Without it, the body can't create testosterone. Nina Teicholz, author of *The Big Fat Surprise*, points out that 150 years ago, T-bone was a breakfast food. That's a tad extreme, but a weekly indulgence will get you bigger and stronger where it matters most.

BOLSTER BRAIN HEALTH

Chuck ▶ If your stomach turns at the sight of fishy scales, you can still get your dose of brain-boosting fatty acids without beheading the day's catch. But provenance is key. "Grass-fed beef contains omega-3, whereas grain-fed beef has less of the good stuff and more omega-6 and -9," says nutritionist Ian Marber. The first cuts internal inflammation; the last two can increase it. Though all British beef is labelled as grass-fed, ask your butcher for 100 percent to get the biggest benefits. Otherwise, it may have been a mix of grass and cereals. But either one will taste bovine.



ENERGY HIT

Silverside ▶ Serve your pre-run gel with a side of beef. "There's no point guzzling carbs unless you can extract their energy," says dietitian Dr Carrie Ruxton. This cut's vitamin B2 ensures you burn your fuel rather than store it. Which justifies doubling up on the roasties if you're playing football afterwards (less so if you'll be falling asleep watching it).

BUILD MUSCLE

Round ▶ Forget your TV chef's oft-spouted advice to judge your steak by its marbling. Round is very low in fat, meaning more space for protein – at 28g of the good stuff per 100g, eat two for your recommended daily allowance of protein at a price of only 364kcal. That lack of fat means no moisture, so braising is a better bet. Like a protein shake with no milk, grilled round is chokingly dry.

ENHANCE ENDURANCE

Liver ▶ Swallow your sportsmanship along with your morals and tuck into a calf's liver before your next sportive. It's twice as iron-rich as lamb's, says nutritional therapist Jackie Lynch, which means your body can manufacture more red blood cells to pump more oxygen to your screaming muscles on that mountain stage.

CARDIOVASCULAR PROTECTION

Heart ▶ In a literal example of "you are what you eat," tucking into a cow's ticker adds years to yours. It's thanks to a curative combo of magnesium – to lower your coronary risk by a fifth, according to Harvard University's School of Public Health – and taurine, which a study in the journal *Amino Acids* found drops your blood pressure in just a week if eaten daily. "Split the heart, remove the membrane and soak it in lightly salted water for an hour," suggests Sasha. "Marinate overnight in fresh marjoram, crushed garlic, black pepper, whole dried chillies and olive oil. Then grill or sear over high heat, flipping once. Serve with tortillas, lettuce, avocado, chopped cilantro, onion, lime and salsa." Think of this as a heart-saving salad with the gruesome Instagram opportunity. (And with 17g of protein per 100g, you'll get a muscle boost, too.)



TRY THIS: ALCATRA

"In Australia, this is known as rump, topside in the US, topside loin in the UK," Juliano explains. In any case, cows work hard to move this delicious muscle, resulting in the leanest beef cut that's perfect for barbecues and your own muscles.

AGE IS NO BARRIER

MAINTAIN YOUR VITALITY AND VIGOUR WITH SWISSOATS A111 HEALTH SUPPLEMENT.

Don't underestimate the role of testosterone in your health. Not only does the hormone fuel your sex drive, it also affects muscle mass, bone strength, mood and fertility. As we age, there will be a gradual drop in testosterone levels, which may result in thinner muscles, osteoporosis, less energy, irritability and low sperm production. So whether young or old, an optimum level of testosterone in our bodies is necessary to keep us physically and mentally strong.

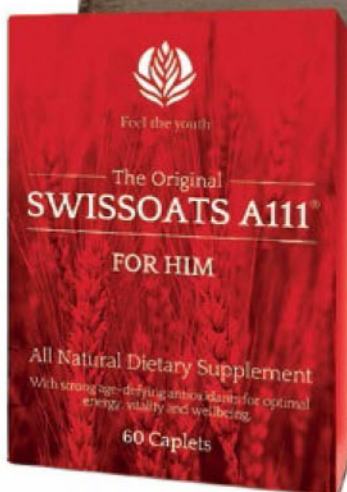
■ PHYSICAL AND MENTAL BOOST

Testosterone levels decrease as you age because the hormone binds with certain proteins in the body, rendering it "inactive" and leading to hormonal imbalance. You can help the body release these bound testosterone with Swissoats A111, a natural dietary supplement that helps revitalise your mind and body.

■ ALL-NATURAL INGREDIENTS

Swissoats A111 dietary supplement promises to "free" these bound hormones to help relieve andropausal symptoms, improve libido and thereby revitalise your mind and body. The supplement credits a unique combination of green oats, stinging nettle and sea buckthorn for a host of benefits:

- Green oats contain antioxidants to help neutralise free radicals and cell damage, while vitamins B and E, zinc and alkaloids help to regulate cellular respiration and increase red blood cell formation. They are said to help optimise the testosterone levels in your body, and improve your energy, strength and memory.
- Stinging nettle is high in vitamins A and C, proteins and lipids, as well as minerals such as calcium, magnesium and iron to help enhance blood circulation. It also has histamine and serotonin to provide allergy relief.
- Sea buckthorn is valued for reportedly having the highest vitamin C content among fruits and vegetables, as well as for containing eight vitamins, 24 mineral compounds and 18 amino acids. Together, these help to keep skin healthy, repair cells and build tissues for healing wounds. The fruit purportedly helps in physical and mental strengthening, too.



Swissoats A111 For Him supplement comes in 60 capsules at \$89.90.

With the aid of Swissoats A111, you can continue to pursue all that you enjoy with vigour as you age gracefully.

At \$89.90 for a bottle of 60 tablets, it is available in For Him and For Her packs, from Guardian, Watsons, GNC and Unity pharmacies, and selected independent retailers. Visit www.swissoats.com for more information.

OTHER BENEFITS OF SWISSOATS A111

- Increases anaerobic work capacity
- Improves energy and endurance
- Improves alertness and concentration
- Rich in vitamins and minerals essential for general well-being

VINTAGE SHERLOCK

YOU MIGHT HAVE SEEN VARIATIONS OF THE BRILLIANT DETECTIVE, BUT CERTAINLY NOT THIS.

► MR HOLMES

Curious to see what an ageing Sherlock Holmes looks like? Played by Ian McKellen – think Magneto with a Panama hat – this movie unveils a plot that sees the fabled detective coming to grips with his forced retirement due an unsolved case. Also, he's no longer staying at 221B Baker Street but at a remote seaside farmhouse.

Premieres Aug 6 in cinemas islandwide



CARNIVORE

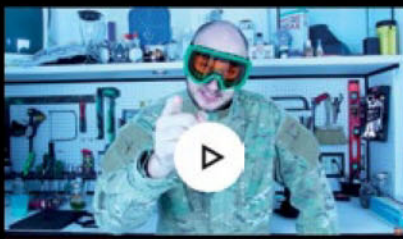
► Get ready for some eat-all-you-can meaty action at this authentic Brazilian churrascaria. Sink your teeth into signature cuts of barbecued meats, including favourites like beef, pork and chicken. There's also fish if somebody is picky. Of course there's also the salad bar with various sides to ensure you have a well-balanced meal.

www.carnivore.com.sg

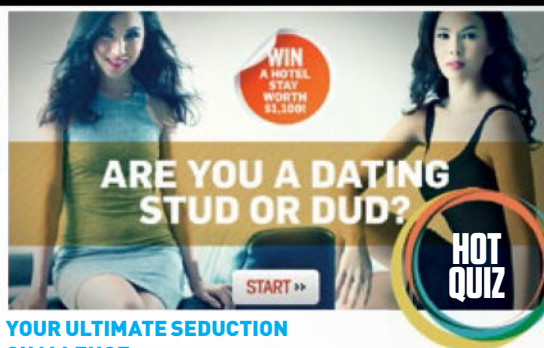
■ USEFUL YOUTUBE VIDEO OF THE MONTH

PEEL A HARD-BOILED EGG IN 3 SECONDS

Eggs are one of the cheapest sources of protein – good for gym buffs – but for many, peeling one that's hard-boiled is a chore. In this video, Taras Kulakov shows you why you've been peeling eggs wrong all this time. And, yes, his method works.



►► SEARCH YOUTUBE FOR:
CrazyRussianHacker
OR LOG ON TO:
www.bit.ly/1auiToG.



YOUR ULTIMATE SEDUCTION CHALLENGE

► Do you have what it takes to pick up girls? Go to the link below and stand a chance to win a hotel suite stay at Swissotel The Stamford worth \$1,100!

www.menshealth.com.sg/SeductionQuiz/



RUN FOR HOPE

► Sign up for Singapore's largest run that's in aid of raising awareness and support for cancer research, jointly organised by The Four Seasons Hotel and Regent Singapore, in collaboration with the National Cancer Centre Singapore. Although the run – comprising a 10km non-competitive option and a 3.5km family fun run/walk – flags off on Jan 31, 2016, registration has already opened since June 7 (National Cancer Survivors' Day). Organisers have targeted 10,000 participants for this event.

www.runforhope.sg

Are You Worried About Hair Loss?



Your Solution:
Billy Jealousy
Hair Raiser
Follicle Revitalizer

Winner of Men's Health
Grooming Awards-
Best Scalp Treatment

Kelvin (Feb 2015):
This is a great product!

James (Mar 2015):
My hair are growing back

Avoid the true horrors of a comb-over nightmare with Hair Raiser Follicle Restorer, a scientifically proven formula that rejuvenates your scalp and stimulates renewed growth-at the root.

How it works

- Heredity, health, diet, nutrition and some medication all contribute to hair loss. However, the two main causes of hair loss are the active presence of the hormone DHT (5-alpha-hydrotestosterone) in hair producing cells, and a loss of blood
- 2 DHT blockers, Swertia and Licorice Extract, effectively block DHT production on the scalp
- Methyl Nicotinate, a vasodilator and Tetrahexyldecyl Ascorbate which speeds penetration of active ingredients to scalp.

Ingredients

- Methyl Nicotinate: Vasodilator Blood pressure Medicine.
- Glycyrrhiza Glabra: 5 Alpha Reductase Inhibitor (DHT Blocker).
- Swertia Japonica: 5 Alpha Reductase Inhibitor (DHT Blocker).
- Stearyl Glycyrhethinate:
- Tetrahexyldecyl Ascorbate: Vitamin C Ester.
- Aleurites Moluccana Seed Oil: Hair Follicle Conditioner.

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CASH CONVERTERS

YES, YOUR HDB FLAT CAN PAY FOR YOUR RETIREMENT. FIND OUT HOW.



W

While we look forward to idyllic days when we finally retire, the truth is many of us may find our savings insufficient and retirement too expensive.

It doesn't help that Singapore's population is facing a double whammy: an ageing population and a declining birth rate. Around 11 percent of our resident population in 2014 was aged 65 years. This will increase to an estimated 20 percent by 2030.

Our declining birth rate – just 1.19 births per female in 2013 – also means we will

have a smaller pool of working-age citizens to support the elderly. While we have 4.5 working-age citizens per elderly citizen in 2015, this will drastically dip to just 2.1 in 2030.

What this means is – unlike our parents' generation, who can count on their kids to support them – those of us retiring in the next decade or two will likely have to fund our own retirement.

To help senior citizens – current and future ones – plan their retirement better, the Housing Development Board has schemes for them to monetize their HDB flat, which your elderly parents – or you, in the not-too-distant future – will find useful.

RENTING OUT YOUR FLAT/ROOM

The most common and arguably easiest option – renting out a spare room or an entire flat – allows retirees to earn rental income without having to sell their home.

Currently, 290,000 HDB flats are owned by Singaporeans aged 55 or

older; a whopping 80 percent of owners have fully paid for their flat. According to a 2013 survey conducted by the Ministry of National Development (MND), one in 10 citizens aged 55 years and above sublet their flat or a spare bedroom for a myriad of reasons.

As expected, the majority – two in five respondents – say they do so for additional retirement income, while 28 per cent need the rental earnings as they were in financial difficulty, or need it for their medical or other expenses. Interestingly, a minority (3 percent) chose to sublet a room because they want some company.

Y.K. Chan, a widow, has been subletting the spare bedroom in her three-room HDB flat to a female Malaysian tenant for the last year. Still spritely, Y.K. prefers to live alone instead of moving in with her sons, who are married and have set up their own homes. “They give me a monthly allowance, which covers my daily expenses,” she says. “I save the \$550 I collect in rental income for medical emergencies and short trips with my friends.”

She gets along well with her tenant and sometimes treat her to home-cooked food. An added bonus: “Although I’m still strong and healthy, it’s always good to have someone around the house to look out

for me and contact my children in case of an emergency.”

Elderly homeowners (Singaporeans or Permanent Residents) can sublet their bedrooms – the storeroom, bomb shelter and living room do not count – anytime they wish to tenants of any nationality, and for as long as they wish, without seeking HDB’s approval. They do, however, need to log their tenants’ details with HDB online (www.bit.ly/1HKTMI) within seven days of their subletting’s commencement.

Do note that only owners of three-room HDB flats (or bigger) can lease out their spare rooms. Three-room-flat owners can rent out one

**“RENTING OUT
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bedroom, subject to a maximum number of six occupants in the entire unit. Owners of four-room or bigger units can rent out a maximum of two bedrooms (regardless of the number of bedrooms they have), housing a maximum of nine people.

If you choose to sublet a whole HDB unit – only Singaporeans are allowed to do so – make sure you fulfil the Minimum Occupation Period of five years (or three years if you bought an unsubsidised HDB flat from the open market before Aug 30, 2010).

You need to seek prior approval from the HDB (www.bit.ly/1xhYihg), and each approved subletting period is a maximum of three years for



Malaysian tenants or 1½ years for non-Malaysian folks. One- and two-room units can accommodate a maximum of four people; three-room flats, six; four-room or bigger flats, nine.

One more thing to note: A recent regulation came into effect from May 1, 2015 now disallows homeowners to sublet their HDB rooms or flats to workers in the marine and process sectors, including the chemical and pharmaceutical sectors.

BUY A STUDIO APARTMENT

First launched in 1988, these apartments were built and sold by the HDB to offer citizens aged 55 years or older the option to sell and cash in on their bigger homes. It is open only to Singaporeans and PRs, whose average gross monthly household income does not exceed \$10,000.

Married buyers must include their spouse in the application, though unmarried, divorced or widowed buyers can still apply for a studio apartment. Retirees can also choose to apply for such an apartment with a non-family member,

provided that person is at least 35 years old.

These apartments, available in 36 sq m or 45 sq m, come with full amenities like floor tiles for the whole flat, wall tiles in the toilet and kitchen, window grilles, a built-in wardrobe, and a complete kitchen with cooker hood and stove. They also boast elder-friendly features such as grab bars and pull cords linked to an alert alarm system.

On paper, a smaller, cheaper home for the elderly in a specially built environment sounds like a good idea. However, some buyers complain about the high prices, compared to a similarly sized two-bedroom build-to-order apartment. Besides the much shorter 30-year lease versus a two-room flat's 99-year lease, buyers of studio apartments are also not eligible for HDB grants.

At the recent May 2015 BTO sales launch, a studio apartment in Tampines starts from \$86,000. In comparison, a two-room flat in Sembawang costs \$75,000. However, if the buyer receives the maximum amount of grants, it can be as cheap as \$15,000. In 2013, a

**“TO ENSURE
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RETIREMENT
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FOR THE SHB.
YOU’LL
RECEIVE \$1
FOR EVERY
\$3 TOP-UP.”**

peevish Patrick Soh, 60, wrote to *The Straits Times* that his 47-sq-m studio apartment in a mature estate had cost him \$168,000 while two-room BTO flats with longer leases were priced more attractively.

The MND later clarified that both are very different products catering to different segments of the market and

thus should not be compared. Still, this led to some property experts, such as Nicholas Mak, executive director of research and consultancy at SLP International Property Consultants, to suggest that the Government should consider scrapping the studio apartments scheme or extend the lease beyond 30 years.

Unlike two-room flats, studio apartments cannot be sublet for rental income or resold on the open market. It must be returned to the HDB if the owner chooses not to live in it any longer. Buyers must also pay for the studio apartment in full (with CPF and cash) and cannot take a loan – a point that one senior citizen neglected when he applied for his studio apartment in 2011. Last November, local news website The Online Citizen One reported that the individual lost over \$10,000 in deposit and fees on his studio apartment when he could not cough up the remaining \$93,000 cash to pay for his \$170,000 new home.

If you are considering buying one, do note that like any HDB flat applications, you must sell your share in your existing home (HDB or private)



within six months of taking possession of your new studio apartment. Otherwise, you'll have to surrender the studio apartment to the HDB and face a forfeit sum of 5 percent of the purchase price, and/or any other amount set by the HDB.

RIGHT-SIZING WITH SILVER HOUSING BONUS

Similar to the studio apartment scheme, this also encourages elderly homeowners to downsize, but dangles the attractive Silver Housing Bonus (SHB) carrot. As long as you use some of your net sale proceeds to top up your CPF Retirement Account and join CPF Lifelong Income For The Elderly (CPF Life) to ensure a regular stream of retirement income, you can apply for the SHB. You'll receive \$1 for every \$3 top-up, or up to \$20,000 per household. Those who didn't get any net proceeds – and thus did not top up their CPF Retirement Account – won't receive any SHB.

Like the Lease Buyback scheme, the Right-sizing plan requires you to top up a minimum of \$60,000 (or all your net sale proceeds if you received less than that) to any of the owner's CPF Retirement Account (RA) before you can receive the rest in cash.

If your net sale proceeds is between \$60,000 and \$160,000, you can keep up to \$100,000 in cash. Received more than \$160,000? You'll first need to further top up the CPF RA of the flat owner with the lowest RA balance up to the prevailing full retirement sum (depending on your age, at a maximum of \$161,000 for those aged between 64 and 69). Only then can you keep the excess cash on top of the \$100,000.

This scheme offers more flexibility in terms of the flat size. Seniors can choose to buy a smaller (three-room or smaller) and cheaper flat from

the resale market or directly from the HDB, as long as it's a three-room flat or smaller, or a studio apartment.

Those who prefer a four-room flat have cried foul, but the HDB explains that this move is to encourage elderly households to move to a smaller home so as to maximise the sales proceeds from their previous property and build up their retirement fund.

To qualify, at least one owner must be a Singaporean aged 55 or above, with a maximum household income of \$10,000. Your existing HDB flat must meet the Minimum Occupation Period for resale.

If you're downsizing from a private property, its annual value must be \$13,000 or less (this scheme aims to help the elderly from lower-income households – hence those in more high-value private properties are excluded). Of course if you own a second property concurrently, you're not eligible either.

Also, your smaller HDB flat cannot cost more than the selling price of your existing property. That means you can't "downgrade" from a cheaper four-room flat in, say, Jurong West to move to a pricier three-room apartment in a more central location like Redhill.

As with all schemes, the four currently offered by the HDB each comes with its pros and cons. It's never easy to adapt to change, be it accepting a stranger into your home when you rent out a room or choosing to downsize to a smaller flat, though seniors can choose to age in place and join the Lease Buyback scheme.

To pick the scheme best suited to your needs, find out more about these monetization methods on the HDB's website (www.bit.ly/1xki1Zf) and make an appointment to speak to an HDB officer for more details.

MAKE YOUR MAN-CAVE MORE BABE-FRIENDLY

These three hotspots are crucial if her first visit to your home isn't going to be the last.

> THE BATHROOM

It's probably not news to you, but it affects her more than you think: A dirty bathroom can be a major turn-off for women. That's what 67 per cent of 1,000 women who were surveyed revealed. "Once I'm at his house, I'm 75 percent ready," says one woman surveyed, "unless his bathroom is filthy." Diane Mapes, author of *How to Date in a Post-dating World*, says: "You should care enough to clean before she arrives."

You don't need to gun for Four Seasons-standard clean, but try to keep things neat and organised, say the women we spoke to. Anna thinks it reflects on your attitude. "The general cleanliness of the bathroom shows if he's house-proud or not, and whether he is a total slob. I would run for my life if I saw drops of pee or skidmarks on the toilet." Fashion buyer Yvette refuses to step into a wet bathroom. She says: "If he has a nice, clean, dry bathroom that doesn't smell yucky, chances are he could get along with me."

So, unclog that drainhole, put a mat outside the bathroom and give the place a good scrubbing once in a while (or at least on the day you expect company).

> YOUR GROOMING CABINET

Most women look at the toiletries you have to gauge if you're a vain pot or just a regular Joe. Anna, a marketing manager, reveals: "I keep an eagle's eye out for the types of beauty products he uses. Head and Shoulders means he's simple and fuss-free. An arsenal of designer products screams high-maintenance – and I can't be with a guy who is prettier than me!" Charlotte agrees: "It's good to see a man who takes care of himself, but he can't have more products than me."

> THE KITCHEN

Besides finding out if she's dating a Jamie Oliver in the making (or at least a Masterchef wannabe), the kitchen can reveal to her if you two are a match. According to Anna: "You can tell a little bit about a guy's taste from the kinds of hand towels or kitchen accessories he uses." And, yes, how clean you keep the kitchen counts in her mental assessment of you. Having some beer in the fridge is fine, by the way, but not if it stocks nothing but booze.

ONE MONTH WITH THE APPLE WATCH

BEFORE YOU RUSH OUT TO BUY THIS MOST WANTED OF GADGETS, CONSIDER WHAT WE FOUND OUT FIRST.



Smartwatches are the Swiss Army knives of the watch world – they do more than just tell time.

■ TEXT KELVIN TAN ■ PHOTO (SWISS ARMY KNIFE WATCH) TETRA IMAGES/CORBIS
■ ART DIRECTION & DIGITAL IMAGING ASHRUDIN SANI

I

didn't like the Apple Watch on first impression, which makes the fact that I bought one a tad strange. But after I said this to friends, they said I shouldn't knock something till I've tried it. Seems a reasonable argument. So on a recent trip to London, I bought a 42mm Stainless Steel Case Apple Watch, figuring if all else fails, I'm sure someone on the Hardwarezone forum would be glad to take it off my hands.

GETTING THE WATCH

First things first: Actually getting my hands on this timepiece wasn't easy. In the UK capital, with the exception of a few exclusive shopping spots, one can't just walk into any Apple Store and pick it up. You need to order it online and wait for it to be sent to you via mail,

which clearly doesn't work for a tourist heading out of town soon.

So off to the high-street stores I went. I found one that did have the watch in the spec I wanted, but for one pickle – the one watch left had a white strap. I had my eyes set on a black rubber strap, as I'd planned to use the timepiece primarily while exercising. But beggars can't be choosers, so I took what I could, figuring I'd get the strap I wanted later.

Now, most of the time, whenever I get a new device, it's out of the box the first chance I get. I do like my gizmos. But, strangely, I didn't seem to feel much urgency with the Apple Watch, even during those nights in Europe when I just couldn't get to sleep because of the time difference. It was only until I got on the plane for my trip home, stuck on board for 14 hours, that I finally bothered to take out the watch to mess with it.

Apple really knows how to package its items – the unboxing did get me feeling like I had gotten a premium product. But then I was stymied by one simple roadblock – the watch needs your phone to be connected to the Internet in order to work. About 15,000 feet up in the air, that was certainly not possible, so I stuffed the box back into my luggage and went back to in-flight entertainment.

After a day of getting over

severe jet lag, I was ready to give the watch a real spin. Charged it up for eight hours straight? Check. Updated my OS for my phone? Check. Downloaded apps for the watch? Check. Time to rumble.

WORKOUT PARTNER

I pulled on the watch and took it out for a spin, as I rode my bike from Changi to Orchard – a decent 20km ride. In the first half of the ride, there was nothing exceptional. But I started to find the watch pretty useful whenever I needed to take quick glances to find out how I was doing time-wise. Sure, there's cycling GPSes for this sort of thing, but they're pretty costly and can't exactly be worn on the wrist after the ride.

My Strava app (www.strava.com) was giving me just as much information as my cycling GPS. On top of that, I felt a buzz from the watch and realized that my wife was calling. Ordinarily I'd miss the call (I'd leave the phone in my bag when I cycled), but the Apple Watch made it easy. I just pulled my bike over and picked up the call on the timepiece itself.

A gripe ensued, though. While she could hear me perfectly, I found it quite hard to hear her, which led me to put my wrist to my ear several times. Not exactly perfect yet, Apple people.

ALL ABOUT THE STRAP

The weekend rolled by and Monday came, and I was looking forward to taking my watch to work and seeing the eyes of the *Men's Health* team glaze in excitement.

On my dresser, another



GET A GOLD APPLE WATCH FOR \$400

If you must keep up with the Joneses, here's how to bling up your stainless steel model.

Apart from stainless steel and aluminium, Apple's latest gizmo also comes in rose and yellow gold – but priced at an astounding \$25,500 in Singapore. If you're in love with the colour but can't afford that, don't worry – there are other options. Watchplate (www.watchplate.com) transforms ordinary stainless steel models into affordable edition-like timepieces. You simply ship your watch to Watchplate and it plates the Apple Watch and band in 18k yellow or rose gold. The difference is indistinguishable to the casual observer, though of course don't expect to fool the cute customer service lass at the Apple Store.

“IN LONDON, YOU CAN'T JUST WALK INTO AN APPLE STORE AND EXPECT TO PICK UP A WATCH.”

problem reared its head. The white band just didn't match anything I had to wear. (To be fair, that's not exactly Apple's fault.)

But, apparently, from what I hear, they had problems getting enough stock of the strap when the watch was released, which was why I couldn't find any while I was in Europe. So now I was stuck with a watch that, sartorially speaking, was only going to work if I was going for a Diner en Blanc.

So the watch stayed on its charger, and off I went to work without it. And there it stayed for around two weeks, as I waited for a kind soul to help me bring back a black strap from Japan, where they apparently stock more of it. At the same time, I also made an order via Amazon for two straps, but shipping time was two weeks, which meant I was back to square one.

After a fortnight, all the stars aligned and I ditched my white strap faster than you can say "Apple Watch." This was where I found myself pretty impressed by the Apple design again – its

proprietary plug made sliding straps in and out of the watch quite instantaneous. This, to me, would be a huge deal-breaker.

One of my main gripes about the smartwatch marketplace was how digital watchmakers were flooding consumers with a wide variety of designs. It would mean that for your average guy, he'd have to get a smart one like the LG G Watch for formal occasions, a Soleus GPS for exercise, and an Asus Zenwatch for casual days.

Firstly, that would mean a financial outlay for three tickers. Secondly, can you imagine the trouble you'd have to go through to sync all the data for the trio, to ensue you got the best out of your life-tracking apps? Not exactly the way forward for the quantified self (that's a movement to incorporate tech into data acquisitions on aspects of a person's daily life in terms of inputs, like food consumed and minutes exercised).

Score one for the Apple Watch. It looks distinctive enough to go with a suit, shirt,

polo tee, T-shirt or even shirtless. Its look is pretty multi-faceted – just pop on a fashion-appropriate strap and you're good to go!

NOT BUG-FREE

But then more issues popped up. Firstly, despite our best attempts, my pal and I failed miserably in our efforts to send each other funny murals and our heartbeat (don't ask me why, but it's a vaunted function, according to Apple). Somehow, we just couldn't get connected on our watches.

And then there was battery drain. My ticker would die out around evening, which was pretty strange since I didn't play around with it during the day. And leaving the Bluetooth switched on killed the battery in my iPhone as well. My only solution? Switch off Bluetooth in both the watch and phone whenever I wasn't using it, which negated the point of buying the watch, right?

On top of that, the heart rate monitor was pretty erratic. Warning: Those with sleeve tattoos will have issues with the

ticker. It wasn't an issue for me, as my tat is on my right arm, while I wear the watch on my left. But I'd still get ridiculous readings like 30 heartbeats per minute, despite just finishing a hard workout. That's clearly something that Apple has to work on pronto.

IN A NUTSHELL...

So, 30 days later, here are my thoughts: While I didn't like the watch at first for being squarish instead of round, it's not a deal-breaker; I soon grew to love how it looks. But in terms of functionalities, there's still much to be desired. Most of its apps are far from groundbreaking, and some didn't work all that well when needed.

I've gone out slipping on my old watch from pure reflex and found life wasn't shortchanged in any way. Perhaps things will change as developers create more Apple Watch-specific apps. But, for now, I'd say let the die-hard geeks have this one. And if you see my watch on Hardwarezone, it's practically brand new, with no scratches!



"THE APPLE WATCH LOOKS DISTINCTIVE ENOUGH TO GO WITH A SUIT, SHIRT, POLO TEE, TEE-SHIRT OR EVEN SHIRTLESS. ITS STYLE IS PRETTY MULTI-FACETED – JUST POP ON A FASHION-APPROPRIATE STRAP."

■ PHOTO (TWISTED HANDS) C.J. BURTON/CORBIS



I've gone out slipping on my old watch from pure reflex and found life wasn't shortchanged in any way.

3 COOL APPS FOR THE APPLE WATCH

Still couldn't resist and splashed out? Here are three apps that did pass muster – they're easily found on the Apple app store.

CITYMAPPER

If you're in one of the supported cities (which include Singapore, Paris, New York and London), Citymapper is a must. It zeroes in on public transport and provides precise, clear instructions on getting from place to place. You're informed about times for upcoming buses, trains or trams, and can access an outline of the stops to expect on your journey.

RULES!

This gives you a daily mini-challenge, which is all about memorising rules and tapping relevant cards. Easy! Only it isn't. Because several rounds in, you'll be juggling a bunch of rules in your head ("Tap ascending," "Reds if you see green," "No animals"), which must be dealt with in reverse order, all the while knowing that a single incorrect tap ends your game. Time-filler.

SHAZAM

No need to pull out your phone to find out what the title of that Jay Chou song is. Just wave your arm around it to reveal a track's title (and lyrics), in case you want to leap onto the table and wow your friends with your vocal prowess. Or not.

HOME AWAY FROM HOME

THE MEN'S HEALTH TEAM CHECKS OUT SEVEN SINGAPORE GETAWAYS.

1/ THE FULLERTON HOTEL

This heritage establishment sits within a prime location (amenities and National Day Parade fireworks-wise). The hotel's staff members are groomed to make you feel right at home. And if you've got access to the exclusive Straits Club, you get perks like afternoon tea, evening canapes and cocktails. Also, a stay is not complete without dining at its Lighthouse Restaurant & Rooftop Bar. There, tuck into chef Carlo Marengoni's authentic Southern Italian cuisine, and then move upstairs to the bar for a heady mix of premium cocktails and a gorgeous view overlooking the Singapore River.

www.fullertonhotel.com

• Room	4/5
• Location	5/5
• Value for money	4/5
• Poolside experience	3.5/5
• Makan	5/5

2/ PAN PACIFIC SINGAPORE

Attractions at this city centre address include excellent restaurants, a stylish lobby bar with circular lantern-inspired seating pods and mood lighting, and

modern-luxe bedrooms overlooking the Marina Bay waterfront. Bathrooms are sleek and spacious, and beds have ceiling "reading" spotlights (go on, aim for an ovation). It's worth saving up for the perks of a Pacific Club room or suite, which gives you access to the cosy club lounge on the 38th floor. Perched at a prime fireworks-gazing height, this circular top-floor space serves free breakfast, afternoon tea, pre-dinner drinks and canapes – along with a décor nod to Singapore's colonial and pan-Asian roots, sweeping views of the city and top-notch service at every turn. www.panpacific.com/singapore

• Room	4/5
• Location	5/5
• Value for money	4/5
• Poolside experience	2.5/5
• Makan	4/5

3/ INTERCONTINENTAL SINGAPORE

A classy institution that pays homage to the Peranakan culture, the Intercontinental combines both modern and traditional architectural

aesthetics. It's a pleasant respite from the weekend crowds in Bugis, but close enough to various arts and cultural landmarks – perfect for young families. The shophouse suite is a luxe option that educates and piques the senses, while resident Chinese restaurant Man Fu Yuan is the go-to place for top-quality Cantonese dishes. The exclusive Club Intercontinental Lounge is another highlight if one chooses to upgrade, with afternoon tea and cocktails to pamper guests further.

www.ihg.com/intercontinental/singapore

• Room	4/5
• Location	5/5
• Value for money	4/5
• Poolside experience	3.5/5
• Makan	4/5

4/ NAUMI HOTEL

The first thing you'll realise about the Naumi is that it's practically more art gallery than hotel, characterised by a collection of curated designer furniture, hand-selected art and luxury products. It has plenty of interesting room choices

– from an Andy Warhol-inspired suite to a Coco Chanel-themed one. There's even a room with an outdoor patio, though we'll warn that it's not exactly the most private, with guests from the higher floors guaranteed to peer down on anyone choosing to go au naturel. If you're into Indian spices, you'll love the grub here: Breakfast, lunch and dinner are served at Table by Rang Mahal, which boasts authentic traditional Indian fare. But the best part of the Naumi is the rooftop bar, Cloud 9, which boasts close views of Raffles City and The Esplanade over its infinity pool. You'll definitely get to see the best of the NDP fireworks from here.

www.naumihotel.com

• Room	3.5/5
• Location	5/5
• Value for money	4/5
• Poolside experience	5/5
• Makan	4/5

5/ THE WESTIN SINGAPORE

This swanky hotel has got rooms and a sweet infinity pool that face the sea, while its vogueish lobby is an instant charmer on level 32. Yogis will enjoy the

hotel's poolside yoga classes, but if you want something more active, they have morning run sessions as well. No running gear? The New Balance gear-lending programme will sort things out. After that, optimal rest is assured when you plonk yourself onto the hotel's proprietary Heavenly Bed, which Westin purportedly spent US\$30 million (\$40.4m) developing. Food-wise, book a table at Seasonal Tastes for its wide variety of premium buffet items.

www.thewestinsingapore.com

• Room	4/5
• Location	3.5/5
• Value for money	4/5
• Poolside experience	4/5
• Makan	4/5

6/ GRAND HYATT SINGAPORE

In the buzzy heart of Singapore's

shopping district, this Scotts Road hideout highlights a T-shaped pool amid a tropical garden (complete with thundering waterfalls), with surrounding buildings creating a retro backdrop. Servers make their rounds to the plunge pool, waterside lounges and canopy beds to offer a free glass of chilled water, or deliver your order to the bar at Oasis Restaurant. Rooms offer a stately city stay with lightwood furniture, leather chairs, marble toilets and flat-screen TVs to catch the NDP. After that, head to the second-floor Martini Bar, one of the most popular Orchard Road hangouts. Grand Club privileges include top-floor lounge access, all-day refreshments, and private check-in and checkout.

www.singapore.grand.hyatt.com

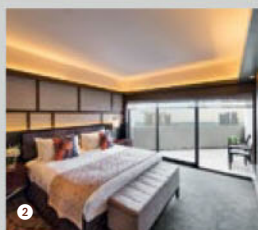
• Room	4/5
• Location	5/5
• Value for money	4/5
• Poolside experience	4/5
• Makan	3.5/5

7/ SHANGRI-LA HOTEL SINGAPORE

From the moment you're greeted by the doorman dressed in Tibetan warrior-inspired clothing complete with a feather-plumed hat, you can tell that the resort-hotel takes its traditional values seriously. Set in a leafy stretch overlooking its prestigious Nassim Road neighbours, this old-fashioned charmer houses a vast main lobby with huge chandeliers and live music from the lounge – plus long corridors that lead to floral gardens, putting greens, tropical waterfalls and serene fishponds. The large free-form pool has a chalet-chic vibe, with plunge pools, a lifeguard and a poolside restaurant, The Waterfall, serving seriously good Italian food in generous portions. Rooms are sedate, spacious, and come with L'Occitane toiletries and comfy armchairs. There's also a lanyard card map recommending a scenic 4km jogging route, which links the hotel to Orchard Road and the Singapore Botanic Gardens. It all adds up to the perfect luxury family break.

www.shangri-la.com/singapore

• Room	3.5/5
• Location	3.5/5
• Value for money	4/5
• Poolside experience	5/5
• Makan	4.5/5





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BREAK THE PATTERN

STAND OUT FROM THE USUAL PLAID BY EMBRACING THE FRESHEST CROP OF PRINTS.

Solid coloured or striped button-ups are de rigueur office attire. So, taking the pattern up a notch calls for a subtle touch. Stick to basic colours like navy and white – they are memorable but not dominating – like the polka-dotted shirt on this page. “With polka dots, the size more than the shade should make the statement,” says Eric Jennings, vice-president and fashion director of menswear at Saks Fifth Avenue. Bold casual Friday? Pick the red option. In any case, pair the top with a neutral-coloured solid bottom to tone things down (a good rule of thumb to remember).

UNIQLO LONG-SLEEVED
BUTTON-DOWN COLLAR
COTTON SHIRT, \$29.90
TOPMAN SHORT-SLEEVED
COTTON SHIRT, \$66.90

■ TEXT SANDRA NYGAARD & KENNETH WEE ■ PHOTOGRAPHY MICHAEL TAN
■ ART DIRECTION PAULINE TAN ■ STYLING SHEH



You can do better than those bright Hawaiian-style prints. Try

simple, muted ones. "This keeps the look dressy, even if it's on a polo," says Eric. Our picks on this page are designed to give your casual wardrobe the edge – guaranteed to get you noticed, but versatile enough to see you through everything from Saturday's drinks date to brunch on Sunday. Throw on a smart jacket for a casual working day, or a pair of shorts for a festival. Also, micro-geometric patterns combine retro and modern style. "You can wear them with suits and look professional and polished," says Eric, who pairs his with a knitted tie.



Scotch & Soda polo tee, \$129



Uniqlo x Michael Bastian polo tee, \$29.90



Topman short-sleeved cotton shirt, \$73.90



Uniqlo x Michael Bastian polo tee, \$29.90



Scotch & Soda polo tee, \$139



Uniqlo denim shirt, \$29.90



Scotch & Soda polo tee, \$119



Topman long-sleeved cotton shirt, \$69.90



“

YOU CAN ALSO MIX PATTERNS IF THEY'RE OF DIFFERENT PROPORTIONS, LIKE A DRESS SHIRT AND A TAILORED JACKET SIMILAR IN COLOUR. LARGE AND SMALL PRINTS WILL COMPLEMENT EACH OTHER, NOT COMPETE.

”

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The Science of Hair Transplantation

*by Dr Chua Han Boon, Medical Consultant,
The Sloane Clinic*

Non-invasive Techniques for Hair Rejuvenation

*by Dr Tan Wang Theng, Medical Consultant,
The Sloane Clinic*

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Time : 2-4pm (Workshop will commence at 2pm sharp)

Venue : Grand Hyatt Singapore, Level 2, Salon 2
(High Tea will be served)

Registration:

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(TO HAIR LOSS, NEVER
TO BAD GUYS).**

THE RESISTANCE	SITREP	STRATEGY	ARSENAL	SECONDARY OBJECTIVE
	You've still got it – but you just noticed it circling the plughole.	If you're starting to recede at the front, keep it long there so you can brush the hair forward, suggests Skye of UK's Ruffians Barbers. Or if your crown is slipping, brush it back into an on-point pompadour.	Apply Regaine (available at major pharmacies) twice a day: It contains minoxidil, which is proven to stimulate regrowth.	Not only can dandruff prevent the absorption of Regaine, it's also linked to hair loss. Deploy Clear Men Anti Hair Fall Shampoo (\$15.70, www.fairprice.com.sg) , which reduces further loss from breakage.
LOSING BATTLE	It's the beginning of the end. You've been considering a comb-over.	Growing your thinning thatch can actually make you look balder, as the hairs will separate out. Shorter hair "feathers," so one group of hair overlaps the next. Your best strategy is to add volume by blow-drying, advises Joel Phua, senior barber at Jermyn Street Singapore.	Gain some additional mass on your mane by using Kerastase Densifique Bodifying Shampoo (\$39, Kerastase salons) , which contains polymers to pump up individual hair shafts.	Stick to matte-look styling products; gels show more scalp. Leave-in conditioner such as Men-u Slic (\$19.90, www.men-ugrooming.sg) will keep your hair fluffy and full.
DIGNIFIED SURRENDER	Resistance is futile – your follicles are in full-scale retreat.	Scorched earth. Use clippers without a guard on what little is left, then use a Headblade (\$20, www.headblade.com) , which lets you shave the back without a mirror. In the shower is best, as it opens the pores.	Avoid sunburn, a flaky scalp and "chrome dome" by applying a non-greasy moisturiser containing SPF such as Lab Series BB Tinted Moisturizer SPF 35 (\$72, www.labseries.com.sg) .	"Growing a beard or just leaving some stubble can distract from your baldness, so long as you keep it neat and trimmed," says Skye. Otherwise, the contrast can be a bit jarring (unless that's what you're going for).

■ TEXT LEE KYNASTON ■ PHOTO THE FOOD PASSIONATES/CORBIS



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SG
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DON'T SMELL LIKE TEEN SPIRIT

PICK THE RIGHT MANLY SCENT TO MAKE AN OLFACTORY IMPRESSION.

1



1/L'EAU D'ISSEY POUR HOMME (OCEANIC EXPEDITION)

Citrus scents tend to be more "immediate." With bergamot, grapefruit and essential oils from the bitter orange tree, this scent is as fresh and invigorating as the words "Oceanic Expedition" suggests. **\$94, for 75ml, \$133 for 125ml**

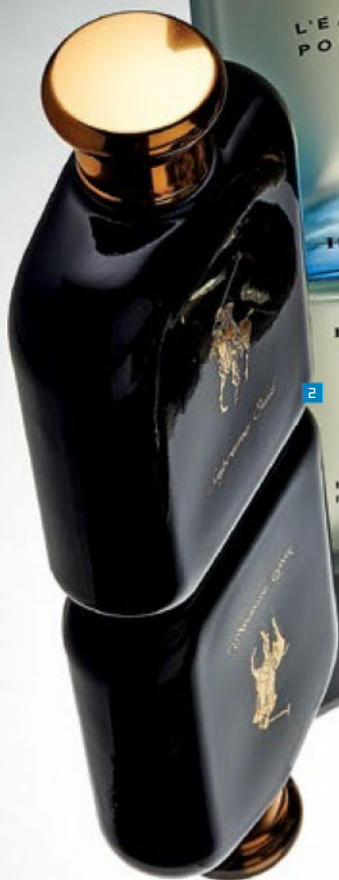
3



2/RALPH LAUREN POLO SUPREME OUD

Just as dark colours add gravitas, so wood and incense convey sophistication. This contains oud, one of the priciest ingredients around. Redolent of power and cigars, it's more "gentlemen's club" than "disco bar." **\$189 for 125ml**

2



4



3/L'EAU KENZO INTENSE POUR HOMME

Famed as an aphrodisiac, vetivier is a woody-earthy-smoky note that's a staple of men's fragrances. It's the base note of this scent, paired with black basil, lavender, lime and aquatic notes – perfect if you're not a fan of overtly citrus scents. **\$74 for 30ml, \$99 for 50ml, \$131 for 100ml**

4/DSQUARED2 WILD

Scents get richer and more complex as they get older – like you, hopefully. This pleasant fragrance isn't as wild as it claims to be, but offers more depth and a heavier scent with wood and amber notes. **\$99 for 50ml, \$129 for 100ml**

5



5/GIORGIO ARMANI ACQUA DI GIÒ PROFUMO

The latest eau de parfum version of this citrusy classic spans the ages in all senses, thanks to a combo of youthful citrus with more grown-up spices and incense. **\$96 for 40ml, \$136 for 75ml**

TEXT KENNETH WEE & LEE KYNASTON PHOTO VERNON WONG ART DIRECTION PAULINE TAN

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► PROTEIN: THE
MANUAL FOR MEN

A STUDY GROUP OF OLD GUYS IS DEFYING AGE BY JACKING PROTEIN AND MUSCLE. HERE'S HOW MORE OF BOTH CAN HELP YOUR OWN BID FOR ETERNAL YOUTH.

By Lou Schuler

PROTEIN POWER: LIVE TILL SG100



GIVE YOUR LIFE A LIFT

Ace these three strength tests, and stay out of life's express-checkout lane.

1 Know the Minimum Strength You Need for Longer Life

At the Cooper Clinic in Dallas, researchers found that the weakest men on two moves – the bench press and leg press – had the highest risk of premature death. They lifted an average of 70 percent of their body weight on the bench press machine, and 1.4 times their weight on the leg press. The former is the equivalent

of a push-up with your feet on a 30cm box; the latter to a squat holding just over half your body weight. Risk fell among guys who could bench 90 percent or more of their weight and leg-press at least 1.7 times their weight. The equivalent: Do 10 push-ups with feet elevated, and squat two-thirds of your body weight.

2 Master This Movement to Preserve Your Independence

When oldsters go to assisted living, it's often because they can no longer use the bathroom solo, says Andy Galpin, a muscle researcher at California State University at Fullerton. They need lower-body strength to get up and down, and balance and coordination to wipe. To stave off that fate and

to test and hone your lower-body fitness, do split squats. Stand with one foot around 1m in front of the other, your hands behind your head. Lower yourself slowly until your back knee touches the floor. Pause and return to the start. If you can do 5 good reps with each leg forward, you're ahead of the game.

3 Intensify Your Regular Workouts and Extend Your Longevity

Exercise science uses a unit called Met ("metabolic equivalent of task") to gauge intensity. Sitting perfectly still is 1 Met. (A cross-country skier hit 26, among the highest recorded.) For each 1-Met increase in work capacity, your risk of dying of anything within a given period drops 12 percent. Here are a few benchmarks.

- 5 WALKING AT 4MPH ON A FLAT SURFACE
- 6 SERIOUS STRENGTH TRAINING
- 7 USING THE ROWING MACHINE
- 8 INSANTY-TYPE METABOLIC WORKOUT
- 9 TREE TRIMMING OR HEAVY SHOVELING
- 10 RUNNING 10-MINUTE MILES
- 11 ROCK CLIMBING
- 12 BOXING

THIS IS NOT YOUR TYPICAL GYM. THERE'S NO THUMPING MUSIC, NO BARBELLS CRASHING TO the floor. But these aren't your typical gym rats filling the Physical Activity Centre of Excellence, or Pace, at McMaster University in Hamilton, Canada. The average person using the weight and cardio machines on this freezing February morning is in his or her mid-70s. And everyone's here for the same reason.

"Everybody gets stronger," says Stuart Phillips, a professor of kinesiology at McMaster and one of the two men I've come here to see. At any given time, Prof Phillips and his colleagues have dozens of the senior lifters involved in their research, which explores the complex relationship that protein and strength training have with human muscle, and the life-or-death consequences of putting (or not putting) that muscle to use.

Few people demonstrate this dynamic better than the second man I'm here to see. As Prof Phillips points him out to me, John Nagy is knocking off a set of lateral raises on a rotary machine.

At first glance, there's nothing about John, a compact man wearing steel-rimmed bifocals, that sets him apart from

the 30 or so other people here. He could be your father, grandfather or any other active, disability-free 75-year-old.

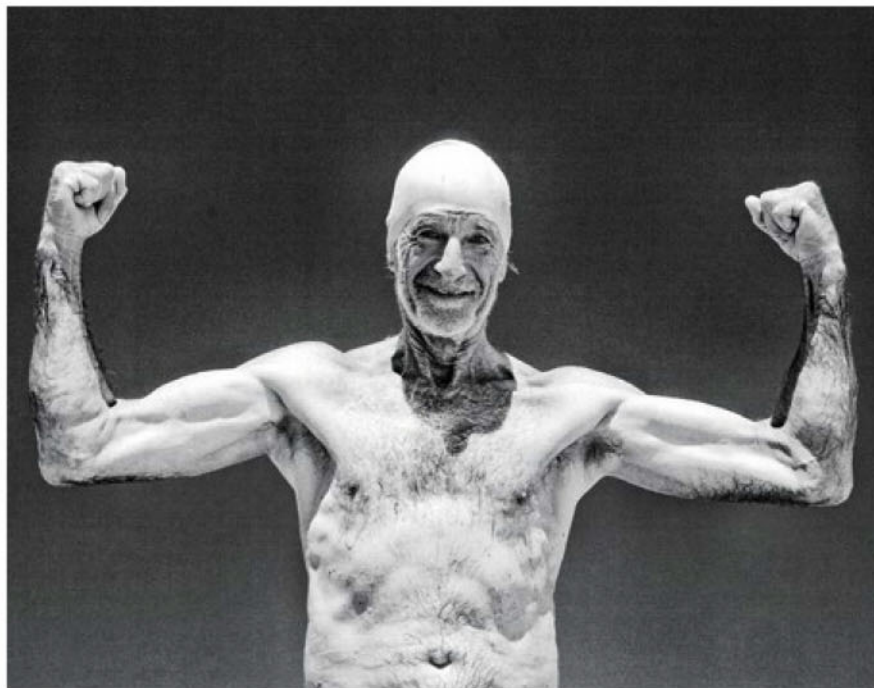
Except he's not. John is 97. That's almost double the average life expectancy for a man born in 1917. I want to know how the choices he's made over the past century – his workouts, diet, attitude – helped him reach this improbable age.

A generation ago, these might have been idle questions. Nobody worried about the strength or fitness of retirees. Sarcopenia, or age-related muscle loss and the catastrophic health problems associated with it, wasn't even coined until 1988.

Today, we know that muscle and strength are among the greatest assets we possess. It's never too early to start building your portfolio, nor is it ever too late to add to it.

After age 30, an untrained body tends to lose around 1 percent of its muscle mass each year. Strength declines even faster. Diminished muscle and degraded strength lead to less movement and lower fitness, which in turn lead to such chronic conditions as heart disease and diabetes. But while ageing is inevitable, the worst aspects of it are not.

◀ LIVE STRONG
Even Sir Stamford Raffles would approve.



AFTER HIS WORKOUT, JOHN GREETES ME WITH A FRIENDLY SMILE AND A FIRM HANDSHAKE.

It's clear why he can carry himself like a man a quarter of a century younger: He started exercising every day as a kid and never stopped. He remembers 100 friends from his teenage years during the Depression, all with a similar love of sports. "We'd play baseball, football, hockey, lacrosse, skate and swim in the bay," he says. "Only three of us have lived into our late 90s. One guy skated all year. The other fellow swims every day. And I exercise every day. So I'm sold on exercise. I really and truly enjoy it."

His 90-minute workout at Pace was actually his second of the day. John keeps dumbbells, resistance bands and "that new ball" – a Swiss ball – in his apartment, along with a treadmill and stationary bike. He starts his day with warm-up movements in the shower, followed by floor and ball exercises for his core and back. When weather permits, he walks to McMaster – more than 3km each way – and when it doesn't, he makes up for it on his treadmill.

Although John has lost 2½cm of height (he's now 1.7m), his weight has barely budged: from 68kg in his 20s to 70kg now. He even did classic push-ups until a recent shoulder injury forced him to modify them. (Now, he does three sets of eight reps from his knees.)

John's diet is a throwback, too. He emphasises nutrient-rich whole foods, with plenty of meat, fish, dairy, nuts and legumes.

"I eat everything," he says. He goes on to describe a breakfast mix he makes from wholegrains and dried fruit. His go-to dinner is protein-rich cabbage rolls stuffed with ground beef and rice, which he washes down with a glass of red wine.

To be sure, some of John's longevity is genetic. But genes don't explain all. For example, a Finnish study looked at identical twins in their 30s who had different exercise habits. Despite having the exact same genes, the twins had already begun to see their health diverge in dramatic ways. Siblings who stayed active had less fat, better control of their blood sugar and insulin, and more gray matter in parts of the brain that regulate movement.

Other research tells similar stories. A study of adults in the UK found that those who had the worst composite scores on three fitness tests – grip strength, balance with their eyes closed, and functional ability (time needed to sit down and stand up from a chair) – at age 53 were almost four times as likely as the top performers to die over the next 13 years.

And if that doesn't scare you, consider this: As part of a military draft exam, the Swedish government tested the strength (quadriceps, biceps and grip) of more than a million teenage boys born between 1951 and 1976. Just over 26,000 of them died before their 55th birthday. But those who were strongest were up to 35 percent less likely to die before age 55 due to any cause.

The studies tested different things, but in the big picture of lifelong health, they all point in the same direction: Muscle, and the ability to use it to generate movement, is a matter of life and death.

It's easy to wrap your head around the idea that high levels of cardiovascular fitness help you live longer. After all, if a strong heart can't protect you from cardiovascular disease, what can? The same logic applies to obesity and diabetes: If you're doing a lot of endurance exercise, you probably aren't storing much fat and aren't likely to have a problem controlling blood sugar.

The link between strength and longevity is less intuitive, because we tend to see cardio fitness and muscular fitness as two separate and unequal systems.

"Everyone thinks of cardiorespiratory fitness as heart and lungs," Prof Phillips says. "But it's the heart and lungs and brain talking to muscle and moving you around. If you're fairly fit and fairly strong, you're probably moving around a lot. And if you're stronger, you're probably making an effort to do things that preserve your strength."

That last point is crucial. When research first showed that stronger people live longer and with less disability, the reason wasn't immediately clear. Did strength make some people healthier? Or did illness make other people weaker?

The Cooper Clinic in Dallas tackled the causation problem with a long-term study that included men who lift. Those who were strongest on the bench press and leg press and reported training the most were found to be about 50 percent less likely to die in middle age than those who were weakest on these moves and reported training the least.

What's clear is that losing muscle at any age is a metabolic disaster. In one recent study, Prof Phillips had older people reduce the number of steps they took each day by 76 percent. In just two weeks, they lost almost 4 percent of their leg muscle while gaining fat. Even worse, they saw a rise in insulin resistance – a precursor of diabetes – and a decline in muscle-protein synthesis after eating.

The latter is a sign of anabolic resistance – your body's struggle to store protein in muscles. Combine insulin resistance with anabolic resistance, and very, very bad things start to happen to a guy who isn't exercising enough. "You begin to store fat in places where it should never be stored," Prof Phillips says. "You store it in your heart, muscle and liver."

There are, however, two ways to avoid that fate. The first is what we've been talking about: Get off your ass and lift. The second is a little more appetising: Keep reading.

HOW MEAT MAKES YOU AMAZING

Protein is vital to virtually every cell and process in your body. Donald Layman, a professor of food science and nutrition at the University of Illinois in the US, explains the power it wields. —K. Aleisha Fetter

1 Digestion Commences
Acids and enzymes break the protein down into shorter proteins called peptides. This can take up to 90 minutes, so you literally feel full. (Carbs, which are less complex molecules, digest in 30 minutes or so.)

2 Making Building Blocks
Enzymes break down the peptides into amino acids. Your body can create 11 kinds, and it relies on your food for nine others. Amino acids hook up to make everything from your muscles to your hormones.

3 Satiety Sets In
Amino acids enter your GI tract and stimulate the secretion of satiety hormones. In one study, people who raised their protein intake from 15 to 30 percent of total calories averaged 441 fewer calories a day.

4 Amino Acids Circulate
The amino acids also enter your liver, which converts them into blood proteins, hormones and carrier proteins. They circulate in your blood for up to five hours, waiting for a body part to request help.

5 Repair Work Begins
After a hard workout, amino acids are summoned to repair your frayed muscle fibres, which are constructed mainly of the proteins myosin and actin. Myosin is made of 6,100 amino acids; actin about 375.

BRAIN

Evidence links high-carb diets to Alzheimer's, so a diet that's high in protein and low in carbs is a smart choice.

BLOOD PRESSURE

Adults who eat the most protein (100g a day on average) have a 40 percent lower risk of high BP than those who consume the least.

Myosin
Actin
Muscle fibre











HEART

By strengthening cardiac muscle, amino acids may increase longevity, suggests rodent research in *Cell Metabolism*.

ILLUSTRATION BY SCIEPRO

PROTEIN POWER: RANKED

Mike Roussell, *Men's Health* nutrition advisor, gives you the best protein sources based on grams per calorie and the amount of branched-chain amino acids (BCAAs), which stimulate muscle growth.

TYPE OF FOOD	● = PROTEIN ● = BCAAs	CALORIES	GRAMS OF PROTEIN PER 100 CALORIES
 TILAPIA 112g	30g 5.1	145	21
 WHEY PROTEIN 1 SCOOP	23g 9.7	120	19
 CHICKEN BREAST 112g	35g 6.3	187	19
 PEA PROTEIN 1 SCOOP	20g 3.7	105	19
 CANNED TUNA 112g	27g 4.8	145	19
 95% LEAN BEEF 112g	30g 5.1	194	16
 WILD SALMON 112g	29g 5.2	206	14
 GROUND TURKEY 112g	31g 5.4	230	13
 EGGS 3	19g 3.8	233	8
 QUINOA ¾ CUP COOKED	5g 0.7	136	4

BCAAs USED IN CALCULATIONS: LEUCINE, ISOLEUCINE, VALINE

FOOD, TO A SCIENTIST LIKE PROF PHILLIPS, IS ENERGY. EACH GRAM OF PROTEIN, CARBOHYDRATE or fat gives you a caloric load that your body can use for whatever it needs. Eat the exact amount of food for your size and activity level, and you achieve a nirvana-like state known as energy balance. Eat more than you need, though, and the result is less blissful.

Your body is happy to sock away excess fat or carbs. "Fat turning into fat – well, that's easy," Prof Phillips says. "You just store it." Your body is also good at converting excess carbs into fat once the glycogen stores in your liver and muscles are fully stocked. (Additionally, you have a few grams – about a teaspoon's worth – that circulate in your blood.)

Protein is different. Of the 20 amino acids that form protein molecules, only a few can be converted to fat, which means your body has a harder time pulling that off. That's on top of two other well-known benefits: a high thermic effect (about a quarter of protein calories are burned during digestion) and increased satiety, so the more protein you eat, the less hungry you are for everything else. The opposite happens when you eat less protein: Your



**NOBODY'S
PERFECT
(BUT ME)**

hunger increases and you can end up eating more total calories.

That last phenomenon is called protein leverage. The idea is that our bodies crave an optimal amount of protein, and once we've consumed it, our appetite shuts down. It usually takes a protein intake of 25 to 35 percent of total calories for the mechanism to kick in. That's relatively high when you consider that a typical diet is about 15 percent protein.

When you consume more protein, you displace something else in your diet, Prof Phillips says. You also need to eat protein more often. In a recent study, he tested two different meal patterns on a group of seniors. Those who ate four protein-rich meals throughout the day had better protein synthesis than those who ate most of their protein only during dinner.

Prof Phillips believes breaking up protein intake – eating 30g to 40g in each of three or four meals – is a crucial weapon against anabolic resistance. It works best when combined with strength training. For convenience, the men had protein shakes for breakfast and as a late-night snack. His study showed that their muscles were still more receptive to protein 48 hours after lifting.

Animal foods are the most conducive to muscle growth. In fact, all animal proteins – including meat, dairy and eggs – are complete: They contain all nine essential amino acids, the ones your body can't synthesise. (If you're a vegetarian, focus on complete plant proteins such as quinoa, buckwheat and amaranth, as well as a variety of other sources, such as beans, lentils, wheat, nuts and seeds.)

When meat on the menu becomes meat on your bones, it serves an underrated purpose. "Muscle is an amino acid reserve," says Andy, who studies muscle on the cellular level. "You're literally harbouring excess amino acids in your muscles." You can use them on a daily basis for a long list of tasks, from repairing tissues to producing hormones and enzymes. This becomes critical to maintaining whole-body and muscle health in the event of disease and also as you age.

HERE'S THE BAD NEWS: "YOUR BRAIN STARTS to age in your late 30s and slowly declines from there," says kinesiologist Jennifer Heisz, whose research at McMaster looks at the links between physical and mental health. The good news? Your muscles may be the best tools you have to slow the decline.

Of the seven factors that accelerate the loss of your marbles, exercise is known to improve five of them: physical inactivity, depression, obesity, diabetes and high blood pressure. (The other two are smoking and "cognitive inactivity.")

But using your muscles also improves your brain in more direct ways. For starters, exercise



triggers an increase in brain-derived neurotrophic factor, or BDNF, which helps support the growth of new brain cells. "The hippocampus, where many BDNF receptors are, is a critical centre for memory and learning," Prof Heisz says. It's also a brain region devastated by Alzheimer's.

Then there's stress. Normally we view stress as bad for the body and mind because it's linked to chronic inflammation. Other than blunt trauma, there aren't many things worse for your brain than inflammation. But the temporary kind of stress response to exercise comes from deep in our evolutionary history, and has a very different effect.

Imagine you're a cave-bro out on a hunt. As you move, your brain is on high alert. If something unexpected happens, good or bad, you get a surge of adrenalin, the fight-or-flight hormone. It helps your muscles receive energy and also helps your brain encode the information for future reference. When the adrenalin dissipates, another stress hormone, cortisol, rises. Its job is to consolidate the memories while also preventing new ones from intruding on it.

The chronic elevation of stress hormones has the opposite effect. They handicap the parts of your brain that form new memories, accelerating your brain's ageing. That's why Prof Phillips sees lifelong health as a three-legged stool: "There's physical activity, nutrition and stress." For the stool to do its job, the three legs have to be equally solid.

With physical activity, everything has some benefit. For you, the biggest benefits will probably come from increasing your overall work capacity and fatigue resistance.

Nutrition is a lifelong balancing act. Most of us will move less and eat less as we age, yet we typically add a little weight. That means we're losing muscle while replacing it with an equal amount of fat – and then some.

A 2kg weight gain in midlife might actually represent a 4kg fat increase combined with a 2kg muscle loss. That's almost guaranteed to worsen your health.

You can minimise the damage with a diet

that's higher in protein, as mentioned. But the best strategy by far is to put your muscles to work. "If you don't exercise, the only way your body has to deal with excess energy is to store it," Prof Phillips says. When you do exercise, you not only store less energy but also pull some of the energy you already have out of fat cells and into circulation. Plus, with strength training, you break down muscle tissue with the goal of replacing it with dietary protein.

Even if you don't lose any weight, Prof Phillips says, you're at least moving it around. "The storage starts to go down, and you lower your risk for metabolic diseases."

That leaves stress, the third leg of the stool. For that, let's return to someone who knows a few things about managing it.

John remembers the most stressful time of his life. The year of his divorce, he retired, sold his house and became an expat. With three suitcases, he moved to Hungary, Trinidad and then Florida before coming home. "When you're young, you can do those things," he says. He was 65 at the time.

He kept his equilibrium the way he always has: by enjoying what he does and the people he meets while doing it. He still remembers the names of his coworkers at a cotton mill when he was 15. He liked his job at a fertiliser plant before World War II, and his later teaching job, and his 30 years as a probation officer. "It's primarily because of the people you meet." It's no surprise that the affection for the people he's around most carries over to his workout buddies at McMaster. "One of the reasons I come here is socialising," he says. "There's a pretty good group."

Something all those senior lifters have in common is that they aren't worried about their life span, Prof Phillips says. "When you talk to people, they don't want longevity. They're not looking for a drug that helps them live to 103 if the last 10 years are in dependent care. What they want is a good 'health span.'"

That's the good life – for them, for you, for anybody. Muscle can't guarantee you happiness, but if nothing else, it keeps you on your feet as you search for it. "Come on," John says. "What more do you want?" ■

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Carrie Tollefson

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POWER LIST ⚡

1

Stylish Smart Shooter

GET THIS: Casio Exilim EX-ZR3500.

READY FOR: High-res images on your Instagram account? You bet. This camera allows instantaneous photo sharing using its Bluetooth Smart technology, while maintaining constant connection between the shooter and a smartphone. The built-in back-illuminated CMPS sensor also helps to produce sharp images in low-light settings, complemented by the gadget's Anti Shake feature.

THE BEST PART: No more pimples. Casio's unique Make-Up mode automatically detects faces, brightens skin tone and smoothenes complexion. Perfect selfies are possible.

COST: From \$579, www.casio-intl.com/sg/en.



2



Make Some Noise

GET THIS: Creative Sound Blaster Roar 2.

READY FOR: Barbecue parties. Being smaller and lighter than the original – but still equally powerful – makes this speaker portable and perfect for pumping DJ-quality beats at your next gathering. It's not weather-proof, so you'll have to keep it under shelter. But it'll definitely still be heard, thanks to two amplifiers and five speaker drivers.

THE BEST PART: It can play MP3 tunes directly off a microSD card, and has a built-in voice recorder for business talks and phone calls. In fact, it also contains a microphone, turning it into a high-quality hands-free speakerphone for your Google Hangouts.

COST: \$329, www.sg.creative.com.

3



Watch Your Heart

GET THIS: Soleus GPS Pulse with Bluetooth Smart.

READY FOR: Monitoring your heart rate without the cumbersome chest strap. Fitness enthusiasts will fancy this wrist buddy, which comes with an optic heart rate monitor using a pulse sensor. The wearer can set a recommended heart rate zone when training, which allows one to exercise within safety limits and push for the most effective workout. You can even transfer your heart rate data to a mobile device via the Soleus App.

THE BEST PART: Fitness functions galore. Track your calories and set alarms. There's even an in-built GPS receiver to track your speed and distance when running outdoors.

COST: \$470, www.crystaltime.com.sg



VIDEO Check out the unboxing of the GPS PULSE in our digital edition. Download *Men's Health Singapore* now on Magzter or Apple Newstand.

4



Apple Of Your Eye

GET THIS: Apple MacBook.

READY FOR: A transition into tech bliss. Firstly, Apple fans will drool over its spanking new vital stats – now slimmer and sleeker. That's because the laptop uses Intel's fanless Core M CPU, while the keyboard has also been made thinner. Haters will lament about its slower engine as compared to other brands, but it has never been known to be a gamer's sidekick. Still, nobody's going to complain much when you have the notebook equivalent of Andy Warhol in your hands.

THE BEST PART: Its 3-million-pixel retina screen speaks for itself, but it's the Force Touch trackpad that highlights the MacBook's advancement. You can now preview a file and look up the definition of a word without lifting a finger.

COST: \$1,788, www.apple.com/sg.

Cutting-edge Solution

GET THIS: Braun Breakthrough Series 9.

READY FOR: A five-star shaving experience. This gadget is the fruit of intensive research. Its Syncrosonic shaving head technology banks on the cohesiveness of four elements (Hyperlift & Cut Trimmer being one of them), taking on every type of hair and gliding through problematic contours such as the neck. Even three-day-old beards are banished quickly and with maximum comfort.

THE BEST PART: Its powerful Liner Drive motor is possibly one of the best engines to reside in an electric shaver, generating 10,000 sonic micro vibrations and producing 40,000 cross-cutting actions every minute.

COST: \$499 to \$599, www.braun.com.

5





6

Timeless Timepiece

GET THIS: Porsche Design Chronotimer Series 1.

READY FOR: Next week's posh gala dinner, or a diving trip in Bali. This Swiss-made ticker is manufactured using titanium, which is sturdier than stainless steel and makes the whole watch much lighter. Within its inner core lies a precise mechanical chronograph movement, packed with goodies such as a 48-hour power reserve and date display.

THE BEST PART: It is resistant to water (down to 5 Bar, or 50m), so go ahead and dive. Also, wrist comfort is optimised with a variety of strap choices: high-quality leather, titanium and even rubber.

COST: \$6,100 to \$11,300, www.porsche-design.com.

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SAT	9.00am	Flag off
	6.30pm	Endpoint, prize presentation and lucky draw
	9.00pm	Event ends



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92

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HELP YOU WRITE
YOUR OWN
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ENDING.

THE ABS ACCELERATOR

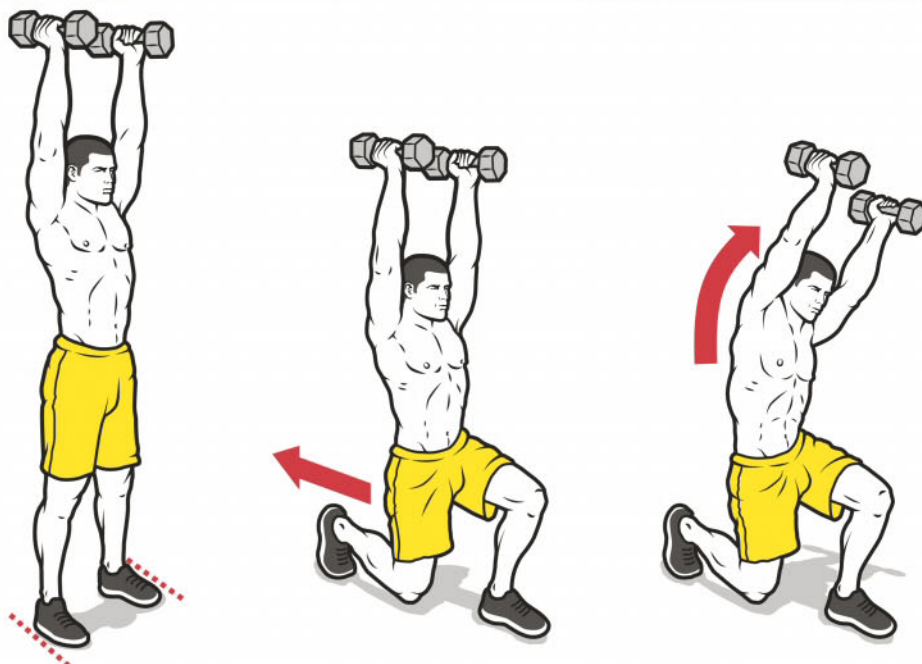
TORCH FAT AND PACK ON MUSCLE YOU'LL BE PROUD TO SHOW OFF – IN JUST 30 MINUTES A DAY.

1

OVERHEAD ALTERNATING LUNGE WITH SIDE BEND

Hold a pair of dumbbells over your shoulders, your feet shoulder-width apart. Step back with your right leg into a lunge, lean left, and return to the starting position. Do all your reps on your right leg and then repeat with your left leg (leaning right).

Reps: 8 per leg

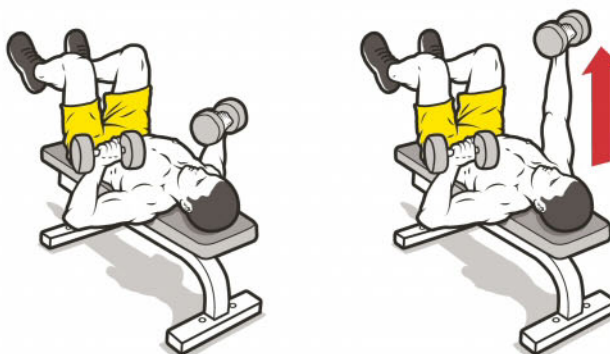


2

FEET-ELEVATED DUMBBELL ALTERNATING CHEST PRESS

Lie on a bench holding a pair of dumbbells at the sides of your chest, palms forward. Raise your legs so your hips and knees are both bent 90 degrees. Press the weight in your right hand straight up above your chest, then lower it. Repeat with the weight in your left hand. Continue alternating.

Reps: 8 per arm



HARDCORE POWER BOOST

3 easy ways to make every ab move more effective.



EXHALE COMPLETELY

Doing so at the start of a move brings your ribs down and fully activates your abs, says Doug Kechijian of Peak Performance in New York City.



BREATHE DEEPLY

Keeping your ribs down and breathing deeply as you do the move will boost your stability, spinal support and power, says Doug.



ROUND YOUR UPPER BACK

Slightly rounding just your upper back engages your abs and diaphragm, your body's strongest breathing muscle.



DIRECTIONS

For the next month, replace one workout a week with this routine. Perform each exercise in the order shown without resting between moves. Once you've finished all eight exercises, rest for 1 minute. That's 1 circuit. Do 3 circuits to complete the workout.

► **DESIGNED BY** Dan Ownes, elite trainer at the Parisi Speed School.

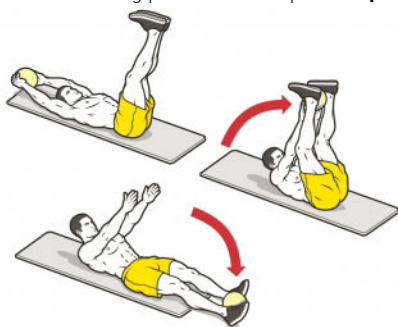
► **BEST FOR** Boosting metabolism, packing on lean mass and sculpting every muscle in your core.

► **EQUIPMENT** Dumbbells, bench, medicine ball, box, power rack with bar, Swiss ball and Valslides (or other sliding device).

3

MEDICINE BALL TRANSFER

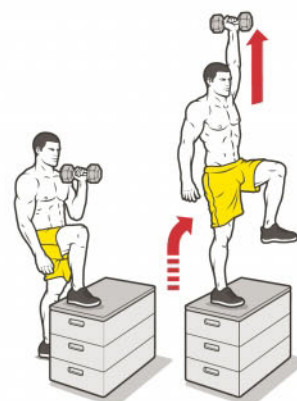
Lie face up on the floor with your legs straight and hips bent 90 degrees. Hold a medicine ball above the top of your head. Keeping your arms straight, raise the ball and place it between your ankles. Use your feet to lower it to the floor, then raise it back up and grab it with your hands. Return to the starting position and repeat. **Reps:** 12



4

OFFSET STEP-UP SHOULDER PRESS

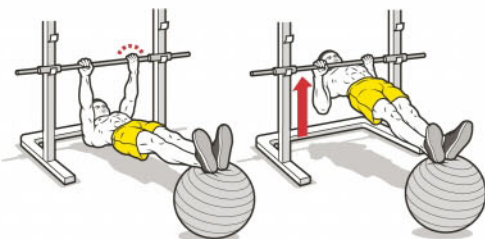
Hold a dumbbell in your left hand in front of your left shoulder, palm in. Place your right foot on a tall box or bench. Simultaneously step up with your right leg, raise your left knee, and press the dumbbell directly above your shoulder. Return to the starting position. Do all your reps, switch sides and repeat. **Reps:** 8 per leg



5

MIXED-GRIP FEET-ELEVATED INVERTED ROW

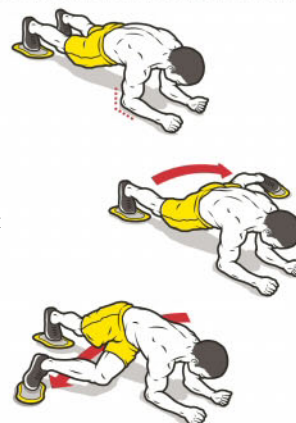
Set a bar to waist height and position yourself beneath it, hanging at arm's length with one hand facing forward and the other facing back. Put your feet on a Swiss ball. Pull your chest to the bar. Lower and repeat. Switch hand positions after 4 reps. **Reps:** 8



6

SIDE-TO-SIDE GLIDER PLANK

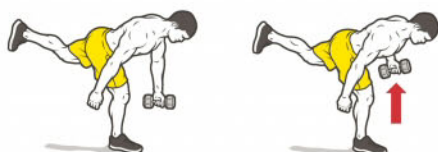
Assume a plank position with your elbows bent 90 degrees and feet shoulder-width apart on Valslides (or hand towels or paper plates – anything that slides). Move your left foot in an arc away from your body, and then pass it beneath your body, to your right. Do all your reps, then repeat with your right leg. **Reps:** 10 per leg



7

SINGLE-LEG STRAIGHT-LEG DEADLIFT AND ROW

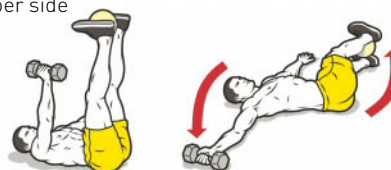
Stand with a dumbbell in your left hand and your weight shifted onto your right leg (lift your left foot slightly off the floor behind you). This is the starting position. Push your hips back and hinge forward, raising your left leg. Row the weight to your side. Return to the start. Do all your reps, switch sides, and repeat. **Reps:** 8 per side



8

WEIGHTED HALF WIPER

Lie on your back holding a medicine ball between your feet, keeping your legs perpendicular to the floor. Hold a dumbbell in your right hand directly above your chest. Lower your legs and right arm to the floor in opposite directions. Reverse the move to return to the starting position. Complete all your reps, switch arms, and repeat in the other directions. **Reps:** 10 per side





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SUPER SKATER JUMPS

► Stand on your right foot and bound left, landing on your left foot. Jump up, raising your right knee. Land, bound right, and jump up, raising your left knee. Keep bounding for 45 seconds.



CRAB TOUCH TO PUSH-UP TOUCH

► From a crab walk position, touch each foot with your opposite hand. Flip over. Do a push-up. Cross each leg beneath you and touch each foot with your opposite hand. That's 1 rep. Do 10.



CORE CLAPPER

► Lie on your back, raising your heels and shoulders off the floor. Bring your right knee towards your chest and clap under your thigh. Repeat with your left leg. Keep alternating for 45 seconds.

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■ PHOTO (MAIN) **NICE ONE PRODUCTIONS/CORBIS**

FROM FAIL

TO PASS

PUSH-UP

If doing push-ups is tough, start by placing your palms on an elevated platform or step board to make each attempt easier. Target 3 to 4 sets of 15 to 20 reps, with a rest time of 30 to 45 seconds between each set. Planks and bridges can be added to help strengthen your core, which are vital in hitting proper form during a push-up. Do this 3 to 4 times a week. Note: Anyone with any form of shoulder impingement, injury or shoulder dislocation history should seek his doctor's advice before doing these exercises.



SIT-UP

Practice makes perfect. Attempt 2 to 3 sets of 12 to 20 reps, and rest for 30 to 45 seconds between each set. Try to do this every day. Can't do a proper one? Plank and side plank exercises work. Hold for at least 30 to 45 seconds for 3 sets. Note: Anyone with lower-back injury or chronic back pain should seek his doctor's clearance.



2.4KM RUN

Interval training can be effective. Use a work-rest ratio of 1:1 – for example, if you take 2 minutes to run around a 400m track, take a break for 2 minutes. This is 1 set. Do 3 to 4 sets at a moderate pace. However, warm up by running 3 to 4 times around the track before beginning your intervals. Note: Do hydrate and get enough sleep the night before. Never push yourself when doing interval training if you are unwell.



UPDATED STANDARDS

AWARD TYPE

PASS (NSMEN)

POINTS REQUIRED

≥ 51 POINTS

PASS (NSMEN)

WITH INCENTIVE
PASS (ACTIVE)

≥ 61 POINTS

SILVER

≥ 75 POINTS

GOLD

≥ 85 POINTS

GOLD

(COMMANDOS/
DIVERS/GUARDS)

≥ 90 POINTS

PUSH-UP

- Bend arms comfortably by the side.
- Lower body till a fist's distance from the ground.
- Keep body parallel to the ground.

DURATION:
1 minute

MAX:
25 points

SIT-UP

DURATION:
1 minute

MAX:
25 points

2.4KM RUN

MAX:
50 points

FROM PASS

TO SILVER

SIT-UP

DO 3 TO 4 SETS OF 20 TO 30 REPS, AND REDUCE YOUR REST TIME IN BETWEEN SETS. TO ADD VARIATION, PERFORM CRUNCHES ON AN EXERCISE BALL OR FIT BALL. IF YOU WANT A BIGGER CHALLENGE, TRY THE LEG RAISE OR FLUTTER KICK ON A BOSU BALL.

LEG RAISE

① Lie supine on the floor. ② Raise your leg off the floor and keep your lower back flat on the floor as much as you can. ③ Raise your leg above 45 degrees or higher, and then lower your leg back to the starting position without touching the floor. Do 3 sets of 15 to 20 reps.



FLUTTER KICK ON BOSU BALL

① Lie on top of the Bosu ball while placing your hands on the ball or the floor for support. ② Keep your legs extended and perform the flutter kick. ③ To make it more challenging, lift your hands and perform the flutter kick. Do 3 sets of 20 to 30 reps.



PUSH-UP

IF ELEVATED PUSH-UPS ARE TOO EASY, ATTEMPT THE TRX PUSH-UP AND BODYWEIGHT DIPS.

TRX PUSH-UP

① Lengthen the TRX straps. ② Face away from the anchor point. Your ears, shoulders, hips, knees and ankles should be in line. ③ Start with your arms slightly bent and the TRX straps just above them. Avoid rubbing the straps when you perform each push-up. Slowly take a few steps back so you are leaning forward, as shown in the picture. [The further you move back, the harder the movement.] ④ Retract your shoulder blades back as you go down, and bend your elbows to about 90 degrees. Maintain a neutral spine from the start to the end of the movement. If the back starts going into an excessive arch, step forward to make it easier. Start off with 3 to 4 sets of 15 to 20 reps. Rest for 30 seconds between each set.



BODYWEIGHT DIPS

① Get onto a parallel bar. Start with your body leaning slightly forward and arms straight. (Do not lock your elbow joints.) ② Lower your body until your elbows are about 90 degrees. Maintain the body leaning slightly forward from start to the end. You can straighten your legs to engage the glutes and quadriceps. ③ Push yourself up to the start position and repeat.



2.4KM RUN

LIKE BEFORE, ENGAGE IN INTERVAL TRAINING BUT AT A FASTER PACE. THIS CAN BE DONE 3 TIMES A WEEK FOR 2 TO 3 WEEKS. IT WILL IMPROVE YOUR AEROBIC FITNESS BEFORE THE TRAINING IS INTENSIFIED.

FROM SILVER

TO GOLD

PUSH-UP

NOW THAT YOU'RE PUSHING FOR GOLD, A MORE DIFFICULT EXERCISE CAN STRENGTHEN YOU FURTHER.

ATOMIC PUSH-UP ON THE TRX SUSPENSION TRAINER

① Start by placing both feet in the foot cradle. They should be shoulder-width apart while your hands are slightly away from your shoulders. Maintain a neutral spine. ② Perform a push-up. ③ Next, do a knee tuck (see right) by bringing your knees towards the elbows or chest after the push-up. Return to the start position without hyperextending your lower back.



SIT-UP

BUILD A HIGHER LEVEL OF ENDURANCE BY DOING THESE TWO EXERCISES.



TRX KNEE TUCKS

① Get into a push-up position with your feet held by the TRX's foot cradle. ② Bring your knees to the chest and return to the push-up position. Do 3 sets of 15 reps. Remember to stretch the abs and hip flexors after training. Further tightening of hip flexors might increase lumbar lordosis, which might increase stress on the lower back.

TRX PLANKS

① Place your feet in the foot cradle of the TRX suspension trainer. ② Rest on your forearm. Maintain a neutral spine and do not let your hips sag. ③ Draw in your stomach towards the back and hold for 45 to 60 seconds. Do 3 sets.



VIDEO Learn three moves you can do at home to strengthen your core in our digital edition. Download *Men's Health Singapore* now on Magzter or Apple Newsstand.

2.4KM RUN

CHALLENGE YOURSELF BY AIMING TO RUN ONE ROUND (400M) AROUND THE TRACK IN 2 MINUTES. DO 4 TO 6 ROUNDS. IF THAT'S ACHIEVABLE, THE GOLD STANDARD WOULD BE TO HIT BETWEEN 1:30 AND 1:45 PER ROUND. DO 6 TO 8 ROUNDS WITH A WORK-REST RATIO OF 1:1. TRAINING ON THE TREADMILL? HERE ARE SOME OF THE PACE SETTINGS YOU CAN TOGGLE TO REACH 400M IN 2 MINUTES, 1:45, 1:40 AND 1:30.

• 2 MINUTES (12KM/H) • 1:45 (13.7KM/H) • 1:40 (14.4KM/H) • 1:30 (16KM/H)

KNOW THY MUSCLE

Here are the muscles you should target when you train for the new IPPT stations.



PUSH-UP

This test requires you to do as many as possible in one minute. The muscles used during a push-up are the pectoralis major (chest muscle), triceps brachii and anterior deltoids (shoulders). The rectus abdominis, transverse abdominis

and erector spinae, which make up your core muscle, help to stabilise the trunk during each attempt.



SIT-UP

This test also requires you to do as many as possible in one minute. Sit-ups, as compared to crunches, have a

wider range of motion. The rectus abdominals work to flex the spine, lifting the shoulder blades off the floor and subsequently into isometric contraction. The hip flexors (iliopsoas) and other muscles (tensor fasciae latae and rectus femoris, for example) help to complete the full movement during an attempt.

YOUR HEARTLAND GYM

WITH FITNESS CORNERS PEPPERED ALL OVER OUR ISLAND, USE THEM TO BUILD MORE MUSCLE WITHOUT DRILLING A HOLE IN YOUR WALLET.

■ ILLUSTRATIONS (LOGO) ■ TEXT KELVIN TAN ■ PHOTO TIM TADDER/CORBIS
■ SERGEY KANDAKOV/123RF & (WORKOUT) ZEMOUR S.H.

Can't afford a gym membership, or you're not a fan of being tied down to just one gym? There are other options – like your neighbourhood free-to-access fitness corners. These spots have become synonymous with the Government's push – via the Housing and

Development Board – for Singaporeans to lead a healthy and active lifestyle.

Such fitness corners, according to the HDB, have evolved over the years ever since it was introduced in the early 1990s. A typical one comprises a variety of equipment that facilitates strength training and cardio/aerobic exercises, with the more common ones being the pull-up bar, sit-up bench and parallel bar.

The year 2003 saw the introduction of

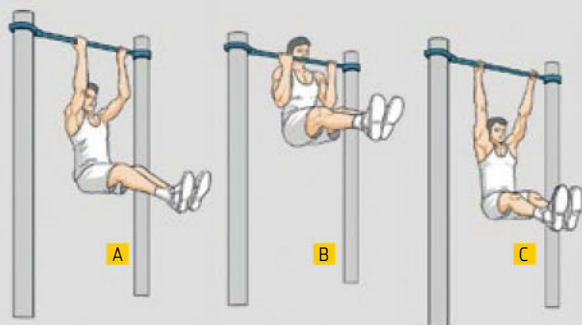
the 3-Generation fitness-corner-cum-playground – meant to facilitate play and exercise for multi-generation families to bond.

In 2012, the focus was on equipment that residents could use to train for the IPPT. These days, you'll find men of all ages, shapes and sizes using them as a convenient way to stay fit.

Here's our workout to help you get more bang for the buck you pay to the taxman.



DO ALL REPS, AIMING TO START WITH A REST PERIOD OF 2 MINUTES BETWEEN EACH EXERCISE. THE AIM IS TO REDUCE YOUR REST PERIOD AND KEEP YOUR HEART RATE UP, SAYS CELEBRITY TRAINER JAMES DUIGAN, WHO HELPED US CRAFT THIS REGIME.

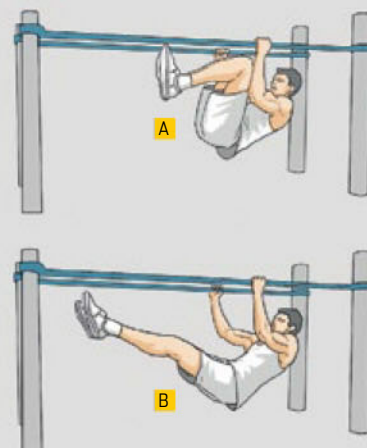


► RAISED-LEG CHIN-UPS

Assume the pull-up position, but raise the difficulty level by keeping both feet up at a horizontal level, making sure you use your core muscles to remain as steady as possible **(A)**. Proceed to pull up steadily, making sure to avoid jerky movements while keeping your feet in position. Once you've reached the top of the bar, pause for three seconds **(B)**. Lower yourself in a controlled manner **(C)**. That's 1 rep. Do 10.

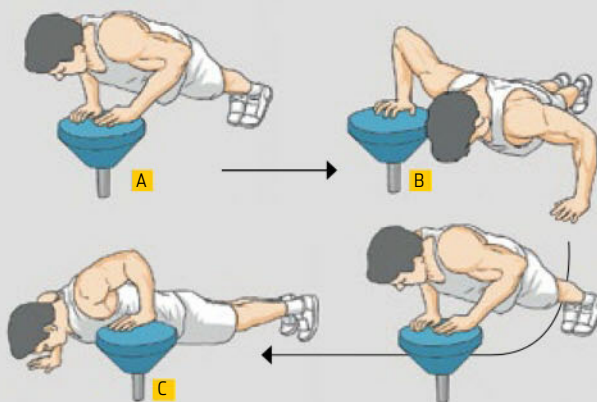
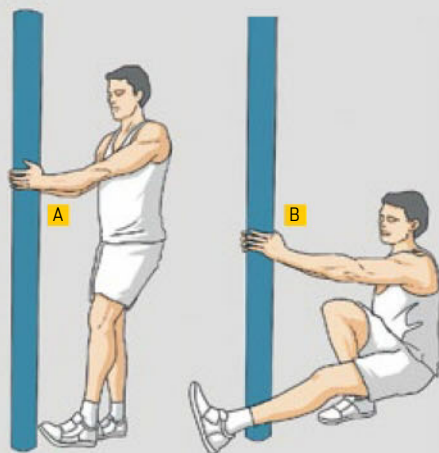
► PARALLEL BAR ABDOMINAL STRETCH

Hold yourself up on the parallel bar with your arms, lowering your head below the bars and pulling your knees close to your chest **(A)**. Finish the move by stretching your toes forward as far as you can reach, all the while keeping your body from touching the ground **(B)**. Return to the starting position. That's 1 rep. Do 10.



► SINGLE LEG SQUATS

Find a horizontal bar and use that to balance yourself, while standing on your right foot and lifting the left off the ground **(A)**. Using the thigh and hamstring muscles in your right leg, slowly lower your body, while keeping your left leg from touching the ground **(B)**. After that, lift yourself back up and switch legs. That's 1 rep. Do 10.



► BALANCING STOOL ONE-ARM PUSH-UP

Get into the push-up position, placing both hands on the balancing stool **(A)**. Stretch your left hand from the stool and place it on the floor, and complete one push-up **(B)**. Return both hands to the stool, and repeat with the other hand on the ground **(C)**. Return both hands to the stool. That's 1 rep. Do 10.

MUSCLE-UP LIKE DWAYNE JOHNSON

HOLLYWOOD SCREENWRITERS AND WWE IMPRESARIOS MAY GUARANTEE DWAYNE JOHNSON'S SUCCESS IN MOVIES AND IN THE RING. BUT FATE CAN BE A TRICKY ADVERSARY, NO MATTER HOW INVINCIBLE WE MIGHT SEEM ON THE OUTSIDE. THE MAN WHO PLAYS AMERICA'S BIGGEST ACTION HEROES WANTS TO HELP YOU WRITE YOUR OWN TRIUMPHANT ENDING.

TEXT **BEN PAYNTER**

■ PHOTO MICHAEL PRINCE/CORBIS



H

e's famous for packing heat on the big screen. But on the day I meet him, The Rock is packing Tupperware.

Specifically, he's toting his translucent to-go tub inside the Hotel Bel-Air lounge, a quintessential LA hot spot. But the atmosphere looks dicey: A table of boozed-up real-estate developers is causing a ruckus.

Nothing good can come out of an encounter with that mob, so he strides down a long hall to another classic eatery, Wolfgang Puck's, which adjoins the hotel.

A hostess quickly seats Dwayne at a white-clothed table; he is backlit by a wall of glowing votives. A formally dressed server approaches. The Rock smiles and asks: "Could you do me a favour, please?"

The server waits patiently, perhaps wondering what crazy celebrity demand is forthcoming. But Dwayne simply pops the lid on his container, revealing a pile of sliced chicken and scoops of rice.

When you're built like he is, you need to control the quality and quantity of the food you're eating.

Would she mind putting that tray in the microwave on high, preferably with a paper towel over it?

No arched eyebrow in sight.

In his show-business job, Dwayne Johnson is flexing personified. We know him as the ultra-buff hero who knocks out costumed titans in the wrestling ring or dispatches CGI monsters in the movies. Winning is assured because it's been scripted, sometimes even amped up with special effects.

Out of the spotlight, he has had a life – and then some. Just one of his low points over the past 43 years could anchor a schlocky cinematic comeback story. Lump all his baggage together, though, and it would make for a depressing, exhilarating, almost unbelievable yarn.

Dwayne Johnson, the actual guy, started out poor; he tangled with the cops as a teenager. At age 14, he and his mum came home one day to find a lock and an eviction notice on the door of the efficiency where they had been living in Honolulu. "I remember thinking: 'I will do whatever I can to make sure this never happens again,'" he says.

Step one: Hit the gym. His father was a wrestler, so he equated fitness with power and the potential to achieve something. Step two: Leverage your new body. He won a gridiron football scholarship to the University of Miami, and then a national collegiate championship with the Miami Hurricanes. Step three: Always have a back-up plan. An injury sidelined Dwayne during his senior year at Miami, costing him a shot at the National Football League. Instead, he ended up playing in Canada, but

was cut in his first season and had to move back in with his parents.

Then he was adrift. He broke up with his girlfriend, Dany Garcia. (They later married.) It's an episode he doesn't elaborate on, but this was reportedly one of several periods of depression. That's a fight with an unscripted ending.

Things got back on track after he convinced his dad to train him as a pro wrestler. He learned enough moves to tag into the sport's lower league, grappling in barns and used-car dealerships around the US South. It paid 40 bucks a night. At the time, the idea was simply to do his best. "It wasn't 'I want to get into this because I want to make money,'" he says. "I felt like if I became something, I could change the circumstances that we were in."

By 2001, he had built his alter ego, The Rock, to the point where he could take a risk on Hollywood. He played a small part in *The Mummy Returns* as a desert warrior known as the Scorpion King. That earned him top billing in a sequel that body-slammed the box office. But Dwayne worried about being typecast, so he shed his WWE moniker and trimmed down, trying to hone a classic leading-man appeal. When he posed for the cover of *Men's Health* in 2006, he barely recognised himself. In the photo, he's in a

swimming pool wearing a soaking-wet dress shirt. He's lighter, with a surfer haircut. "I personally can't look at that picture. That guy has no clarity," he says.

Even now, this guy goes by so many names, it's hard to keep current. While shooting a video for MensHealth.com, he introduced himself this way: "Rock here. Or D.J. or Dwayne or Uncle Handsome. They all work."

Identity crises are harder to slide past. Once he started doubting himself, he struggled. He starred in *The Tooth Fairy* and did a voice-over role in a Transformers cartoon. He wasn't even Optimus. "What I realised the hard way was that the most powerful thing I could have been was just myself," he says.

That's the deal with real life: Some issues can't be tied up neatly in two hours by going into beast mode. The fantasies he spins may make you plunk down \$12, but they evaporate when you leave the cinema. Dealing with the realities he has faced, Dwayne sought ways to stay motivated and strengthen his resolve. He calls it his "warrior manna." It's a spiritual power the man behind the world's most macho make-believe roles has tapped into time and time again. He has learned to be relentless.

Career-wise, it has paid off

for him: Dwayne is currently the second-highest-grossing actor in Hollywood; he earned an estimated US\$52 million (\$70m) at the box office last year, according to *Forbes*. (Robert Downey Jr was No. 1, by the way. Maybe there's something to this life-battle thing.)

This year, The Rock has already starred in two major blockbusters, *Furious 7* and earthquake disaster flick *San Andreas*. Spoiler alert: His character, Chief Pilot Ray Gaines, saves the day without even taking off his shirt. And he decks a bad guy. "It always feels fulfilling to jaw-jack one dude," he says. Well, pretend to jaw-jack, of course.

To that end, Dwayne doesn't see playing heroes as his most important role anymore. Many of his current projects, like the recent TNT show *Wake Up Call* (in which he helps ordinary people facing extraordinary challenges) and the upcoming HBO series *Ballers* (in which he plays a pro football player-turned-financial manager trying to get his life back on track), highlight people like him who must deal with the "nuances and flaws" of being human.

"In movies like *San Andreas*," he notes, "I play a cool guy who trips a little bit and comes back up." In doing so, these characters inspire others, rallying them to make more powerful things happen. "But in real life, you trip a little bit more often than you do in movies, and you're a bit more flawed."


Dwayne readily admits that he still struggles, too. "I've got a pretty cool job, but man, I'm trying to be a great dad," he says.

He has a teenage daughter with ex-wife Dany. (They divorced in 2008.) "There was a time in my life when I used to joke that my name should just be 'I'm sorry,'" he says.

“

IN REAL LIFE, YOU TRIP A LITTLE BIT MORE OFTEN THAN YOU DO IN MOVIES, AND YOU'RE A BIT MORE FLAWED.

”



**THE
ROCK'S RULE**
Be authentic.
"If I want to
blow stuff up, I'm
gonna blow stuff
up," he says.

◀ **RAPID FIRE
DWAYNE
JOHNSON**
Personal Mantra
"Let's just get better."

Sex Euphemism
"The Horizontal Hula."

Wake-up Time
"I like to beat the
sun up. I function
pretty good on five
hours of sleep."

Workout Ethos
"If it's an exercise you
don't like, generally,
there's some value in it."

Finding Success
"There's no substitute
for hard work. All it
takes is all you've got."

THE WOLF-PACK WAY
Be honest with your team. "I'm looking to come in and kick ass," he says.

POLYNESIAN POWERHOUSE

The warrior angle is real, by the way. Dwayne is half-Samoan, from his mother's side. He's a descendant of the lineage of Malietoa, or ruling chiefs, of Samoa. You've probably seen modern Polynesians performing their elaborate war dances on Youtube, stomping their way into a frenzy. They flex, pose

and hike up their grass skirts to show off every inch of the bone-hammered tattoos encircling their bulging quads and rippled torsos. It makes WWE posing look like cartoon conflict.

Dwayne's grandfather, a former pro wrestler who went by the name of High Chief, paid homage to his bellicose ancestors with tattoos, which became part of his stage persona. And The Rock created his own tribute: Polynesian

symbols that wrap around his enormous left biceps, left pec and shoulder.

What does this warrior legacy really mean in the modern era? That's hard for him to express.

"I will do whatever I can do with my two hands to protect and excel," he says.

It sounds like sloganeering – what @TheRock might post to chase retweets on Twitter. But this cuts to his core. Dwayne boils the premise down to this:

A modern man shouldn't be afraid to act boldly in life, love or his career. A century ago, our ancestors did far more dangerous things just to survive. "Generally, what you think is a challenge is probably not," he says.

Dwayne isn't alone in seeking tribal support. The so-called Male Warrior Hypothesis, as defined in the journal *Philosophical Transactions*, states that men throughout the ages have clustered in tribes to stay motivated, embrace risks, conquer pain and build empires. Early hunter-gatherers warred constantly over turf, resources and women, says study author Melissa McDonald, an assistant professor of psychology at Oakland University in the US.

Consider lab rat #22,347, Dwayne Johnson. Throughout his life, he has sought out workout buddies after school at the local Boys Club gym, his Hurricane teammates, the brotherhood that play-fights in neon underwear, the *Furious* boys' club of Hollywood action-film stars. They are all high-testosterone crews that drove – and were driven by – Dwayne to accomplish more.

He fell, got up, rose to the top, and fell again. And again. One example: After Hollywood D-listed him, Dwayne formed his own studio, 7 Bucks Productions. The name pays homage to how much money he had left in his pocket after being unceremoniously dropped from football.

It's worth picking apart his example a bit. In a 2013 study in the journal *Psychological Science*, UCLA researchers asked two types of men – those travelling alone and those with a group of peers – to rank the formidability of a person shown in a mug shot. Those with comrades ranked the evildoer as smaller and weaker than those without back-up. That explains underdog team

“

A MODERN MAN SHOULDN'T BE AFRAID TO ACT BOLDLY IN LIFE, LOVE OR HIS CAREER. WHAT YOU THINK IS A CHALLENGE IS PROBABLY NOT.

”

gumption, at least in sports. But the Male Warrior Hypothesis also posits that men in groups are willing to sacrifice their own wealth, time and energy if it means their group is more likely to succeed. You get evicted? Find your band of brothers for self-defence. Then you rise together.

For Dwayne, staying physical maintains his motivation. He often wakes up at 4am to do cardio, eat, and then hit the gym to lift. It's like a meditation. "I strategise because the world is crazy," he says. "The morning is that special time. It's for no one else but me."

He's also trying to spur on his fans to face the fight. The guy basically invented inspirational hashtags – #ChasingGreatness and #TeamBringIt – and just released an app from Project Rock called the Rock Clock, an interactive alarm clock that has he himself heckling you to seize the day.

The idea is to encourage fans to achieve their goals with unique daily messages and videos. He even uses his virtual tribe to motivate himself, posting what time he woke up, how projects are going, or even He-man Hallmark goals like

Laugh Hard, Love Powerfully, Global Domination. "The feedback is the best part," he says.

There's still some over-the-top bravado. On that same goal list, he wrote "Cuss less" but then added a footnote with an arrow to it. "F*** this one."

In person, Dwayne's more aloha than aggro, a warm human being instead of a chest-beating conqueror. After climbing out of the muck, he has a sense of humour about his persona.

At Wolfgang Puck's, for instance, he's approached by an XXXL employee of the restaurant. "Hey, I'm taller than The Rock," the guy bellows, loud enough to cause a stir. "Maybe I can take you."

Dwayne stares at him, nose-to-nose. The room is so quiet, you expect tumbleweeds to blow between them. Then plain Dwayne breaks into a broad smile and laughs loudly. "Take me... to lunch?" Bystanders bust a gut.

That same charisma

was on display during his recent turn hosting *Saturday Night Live*. At one point, an SNL director asked him to step in front of a green screen and play Scoremax, a high-testosterone parody of the archetype that made him. He nailed it, roaring with abandon until the crew was rolling.

The sketch never aired. But he didn't seem to care, as long as he went big. "Oftentimes, we get caught up in 'It's gotta be great. It's gotta be perfect,'" he says. "Well, no. Just be better today than you were yesterday." He's pushing for improvement – his and yours – even in the smallest moments. As we depart Puck's, he offers me an elaborate bro-hug, but I fumble it. He looks me up and down, and calls for a do-over.

"Let's get that right," he says, reaching out confidently to coach me to a better performance. That's the muscle he loves to flex.



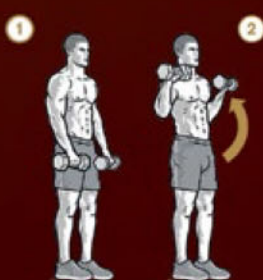
ARM YOURSELF

ONE THING IS OBVIOUS ABOUT DWAYNE JOHNSON'S ARMS: "HE HAS SOME VERY SPECIAL GENETICS," SAYS BRAD SCHOENFELD, AUTHOR OF *THE M.A.X MUSCLE PLAN*. BUT EVEN IF YOUR DNA ISN'T DWAYNE-LIKE, YOU CAN STILL SHRED A SLEEVE BY ADDING THESE MOVES TO YOUR WORKOUTS.



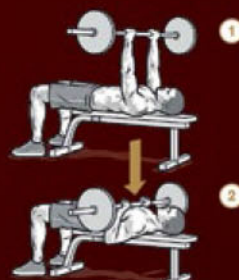
BICEPS/INCLINE CURL

Lie on a bench set at 45 degrees holding a pair of dumbbells at arm's length towards the floor, palms forward (1). Curl the weights as close to your shoulders as you can (2). Pause, then lower them. Do 3 sets of 8 to 10 reps.



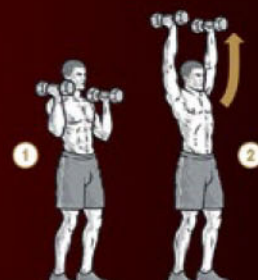
BRACHIALIS/REVERSE CURL

Stand holding a pair of dumbbells in front of your thighs, palms back (1). Without raising your upper arms, curl the weights as close to your shoulders as you can (2). Pause, then lower them. Do 3 sets of 8 to 10 reps.



TRICEPS/CLOSE-GRIP BENCH PRESS

Lie on a bench holding a barbell above your chest using an overhand, shoulder-width grip (1). Keeping your elbows tucked, lower the bar to your sternum (2). Press it back to the starting position. Do 3 sets of 6 to 8 reps.



SHOULDERS/OVERHEAD PRESS

Stand holding a pair of dumbbells just outside your shoulders, palms facing inwards (1). Press the weights directly above your shoulders (2). Pause, then lower them back to the starting position. Do 3 sets of 8 to 10 reps.

RAMP UP EXPLOSIVE POWER

LEARN THIS TRICK AND IMPROVE YOUR PERSONAL BEST.

K

ick up your warm-up: A quick squat drill can help your leg muscles fire more

explosively, a Spanish study suggests. After swimmers did four reps of a high-load squat exercise, they not only dived further and faster but also kicked more powerfully, improving their 15m time as a result. The researchers think the move helped activate more muscle. For the same effect, try split jumps (four per side) before any activity that requires fast moves, like basketball or intervals.



1

Grab dumbbells. From a staggered stance, lower into a split squat.



2

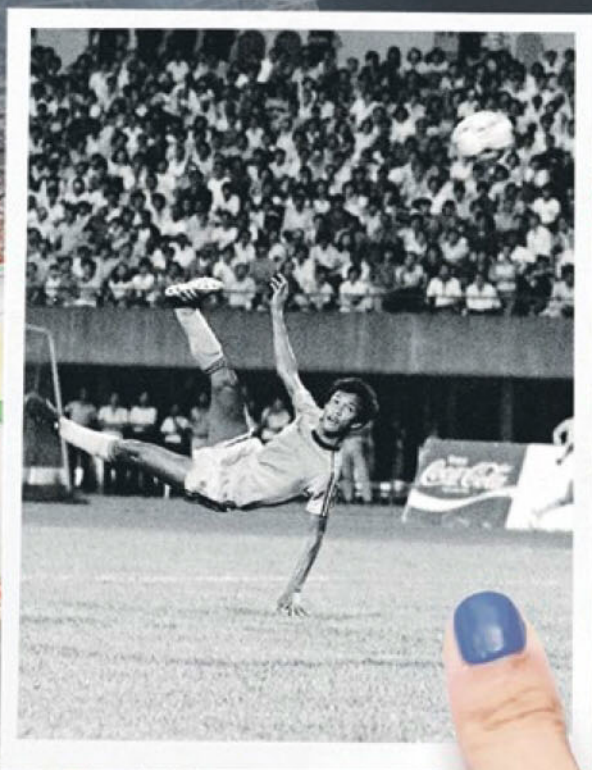
Jump and scissor-kick your legs so you land with your other leg forward.



3

Once your base is stable, repeat Step 2, alternating back and forth with each rep.

The National Stadium has changed, but the goals stay the same.



THE STRAITS TIMES NEW LOOK, NEW IDEAS, SAME SINGAPORE SOUL

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MENTAL CARDIO

WORKING OUT
WAS AZRE JALIL'S
SOLUTION TOWARDS
A SOUND MIND
AND BODY.

THE SETBACK

When Azre Jalil became an air steward in 2013, he was confident about how he looked despite his BMI almost hitting the obese category. "Nobody ever told me to lose weight – which I had to," he says. "I didn't care about nutrition or weight management, and was happy. Or so I thought."

THE WAKE-UP CALL

Although Azre loved his job, he was sucked into a state of depression caused by work-related problems. There was strong support from friends and family, but something was still missing. "My work and reputation were affected," he says. "But my best friend told me something that changed my life – that is to work out whenever I'm sad." Azre decided to heed his advice.

THE PLAN

At the beginning, the gym was a strange place for Azre. "I felt lost and clueless," he recalls. "I tried to do some homework by reading up on workout moves, trying to put theory into practice." It was the beginning of a tedious but rewarding process.

**"EMOTIONAL
HEALTH IS JUST AS
IMPORTANT AS
YOUR PHYSICAL
WELL-BEING."**

FITNESS

Gradually, Azre's fitness levels improved. His weight loss became even more apparent after he took part in cardio-intensive classes such as Body Combat and Zumba. He also started to combine exercise routines just to spice things up. However, losing weight and getting fitter were simply by-products of his quest for stable emotional health. "Two to three hours of exercise could calm me down and make me feel that bit more positive," he says. "Nobody told me that a workout could be a medium to consolidate your thoughts and help you become more rational."

FOOD

"I eat three balanced meals a day, and realised that I tend not to eat too much when I've lost weight," he says. "I've stopped having suppers, and opt for more salads and brown rice."

THE REWARD

"Some people might feel that my emotional problems and weight loss journey just don't fit," explains Azre, who has also started to post workout videos on his Instagram feed. "But it does because many tend to dismiss emotional health, which goes hand in hand with your physical well-being. I feel confident, and even have Instagram followers who asked if they could train with me."



NAME
AZRE JALIL

PREVIOUS WEIGHT

72KG

CURRENT WEIGHT

63KG

OCCUPATION
FLIGHT STEWARD

HEIGHT
1.6M

TIME TAKEN
9 MONTHS

WHAT'S YOUR STORY?

This month's Belly-off! guy wins a Columbia Willodale worth \$127.30! Stand to win attractive prizes when you join the Belly-off! Club and get featured. Tell us what you weighed then and now, what made you decide to shed the bulge, and what you did to lose it. Include your "before" and "after" photos.
E-mail: menshealthsg.bellyoffclub@gmail.com.



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ROAST THE ULTIMATE CHICKEN

BREASTS ARE ENTICING... EXCEPT FOR THE BORING KIND ON FACTORY-FARMED FOWL. BUT THIS CHICK WILL DRIVE YOUR TASTE BUDS WILD!

You don't have to get all fancy with roast chicken, but a few extra steps will pay off in flavour. Truss the bird or jam a halved lemon into the cavity to limit airflow and promote even cooking. Or deploy these.

GARLIC AND HERBS

Halfway through roasting, add some thyme sprigs and a few lightly smashed garlic cloves to the skillet. Baste the chicken often with the fat. Or you could use fresh oregano and add lemon slices.

CHIMICHURRI

Mix 1 cup chopped herbs (parsley, chives, mint, cilantro) with 1 minced garlic clove, 2 minced anchovies, 1 tbsp chopped capers, 1 tbsp lemon juice, salt, pepper and olive oil until spoonable.

JERK PASTE

Before roasting, coat the bird with premade jerk paste. (We like the Walkerswood brand. It

has onions, thyme, nutmeg and searing-hot Scotch bonnet peppers.) Serve with black beans and brown rice.

HONEY MUSTARD


Mix 2 parts each of orange juice, honey and Dijon mustard to 1 part soya sauce. Apply to the chicken about 5 minutes before it's done, and/or serve the sauce as a topping, like the chimichurri.



THE WHOLE RECIPE

Rain a crust of kosher salt onto an organic broiler or fryer chicken, then roast it in an oven-safe skillet at about 230 deg C for 60 to 90 minutes, until the cavity's juices are clear. Let it rest 15 minutes and dive in. Yeah, it's really that simple.

THE STATS/CHICKEN

	BREAST SKINLESS, 112G, ROASTED	THIGH SKINLESS, 112G, ROASTED
CALORIES	187	201
PROTEIN GRAMS	35	27
FAT GRAMS	4	9

TEXT MICHAEL RUHLMAN PHOTO MISHA GRAVENOR

LONG-DISTANCE MAESTRO

RUNNING AN ULTRAMARATHON IS HARD, BUT RUNNING ONE EVERY DAY FOR 50 DAYS?

■ TEXT MCKEN WONG ■ PHOTOGRAPHY JASPER YU ■ ART DIRECTION ASHRUDDIN SANI ■ OUTFIT X-BIONIC ■ SHOES NEWTON

Ultramarathoner Yong Yuen Cheng was one-half of the duo who participated in the Go 50 Run project – a youth engagement initiative to celebrate SG50. The pair had to pound 50km every day for 50 consecutive days, a feat that was completed in early June.

Who wouldn't crumble at this challenge? Not Yuen Cheng, who has been crushing ultramarathons for the past 10 years. The 43-year-old shares his experience taking part in Go 50, and what it takes to be an ultramarathoner like him.

HOW DIFFICULT WAS GO 50?

I've attempted 250km before, so 50km per day is still doable. However, the challenge lies in having to do it without falling sick or getting injured, since there's very little time for recovery.

SPEAKING OF WHICH, HOW DO YOU RECOVER PROPERLY EACH DAY?

There are a few things I do immediately after a run. Dynamic and static stretching are really important, and I'll also incorporate strengthening and conditioning exercises for

the upper body, such as push-ups and planks. These exercises help to prevent injury, since the whole body has to be well conditioned, not just the legs. I'll take amino acids and protein supplements as well. One other thing: I try to get eight hours of sleep even if I have to wake up at 5 the next morning to run.

HOW IMPORTANT IS NUTRITION?

Extremely vital. A good ultramarathoner must know how to eat when he's running. You need to sustain yourself with food, as simply taking in fluids is not adequate. During Go 50, I ate stuff like chicken rice and toast sets. Volunteers also supported us with bites like sausages, nuts and raisins. Food that you take helps in your recovery after the run, too.

HOW DID YOU TRAIN FOR GO 50?

I completed eight ultramarathons last year, so it was practically a year-long training process. However, I stopped doing races for five months from November 2014, so as to focus on cross-training. I played sports such as badminton, football and basketball. This was to strengthen other parts of my body, as I knew I would be using the same set of muscles during those 50 days anyway.

ANY TIPS FOR A FIRST-TIME ULTRAMARATHONER?

You must be adaptable to hilly terrains and trails, and you need to have a nutrition plan to sustain yourself and cope with fatigue. Remember that for ultramarathons, you battle all kinds of weather elements throughout the whole day.

“**ULTRAMARATHONERS BATTLE ALL KINDS OF WEATHER ELEMENTS.**”



FOR THE LONG HAUL

WHAT TO DO BEFORE, DURING AND AFTER YOUR BIGGEST RUN OF THE WEEK.



"Run tall" helps athletes clean up late-run form problems such as slouching.



f you think of your body as an engine, then a great way to add horsepower is with a good, long run –

a continuous effort ranging from 90 minutes to 3½ hours, depending on your experience and race goals. When you go long, you increase aerobic capacity by building muscle enzymes, capillaries that deliver blood to muscles and mitochondria, which help to power cells. Spending more time on your feet also strengthens your musculoskeletal system. And you build mental toughness by pushing your body through those times it would prefer to wave a white flag.

Long runs have served as a staple in training programmes for decades. And with so many benefits, coaches recommend them even for runners who don't have a race on the calendar. For those who do, these workouts prime your body to perform optimally on race day. So start them around the same time of the day that your event will start.

Here's our guide to successfully going long, from well before you start to long after you finish.

TWO HOURS BEFORE

Eat a meal that consists of 0.5 to 1g of carbohydrate for every 450g of body weight, says dietitian Pamela Nisevich Bede. "So if you're 68kg, aim to consume 75 to 150g of carbs" – 300 to 600kcal. Stay light on protein, fibre and fat, which take

longer to digest and don't fuel muscles as well. And drink 500ml of water or sports drink. "Dehydration has been clinically shown to derail performance," she says.

30 MINUTES BEFORE

This is checklist time. Anti-chafing lubricant? Energy gels? Sunscreen? "But don't do too much," says coach and nutrition consultant Alicia Shay. "You have a big effort coming, so stay relaxed." A 2008 Olympic Trials qualifier and internationally competitive runner for the Nike Trail Team, Alicia uses this in-between time to attend to e-mails. Keep sipping water, but not so much that you'll have fluid sloshing in your stomach when you start.

GO TIME

"The key thing with long runs is to start slowly," says coach Greg McMillan. No matter how eager you are to get rolling, rein in your pace in the early kilometres. Greg recommends "the old talk test." He says: "You should be able to chat with your training partner." If you can only utter a sentence before you gasp for breath,

you're going too fast. And that will spell trouble for the second half of your run, which, he adds, is where all the "great benefits" happen.

45 MINUTES IN

Begin to refuel. Take in gels and fluids at least every 45 minutes during your run. "By fuelling early, you are less likely to deplete your stores," says Pamela. "And if you take in a little fuel at a time, with water, you'll absorb it better and be less likely to have gut distress."

15 MINUTES TO FINISH

Tough it out. "As you get towards the end of the run, the fatigue curve ramps up," Greg says. You have to increase your focus and intensity to maintain pace. But keeping a constant pace, or even picking it up a bit, is crucial to getting the most from your run. He recommends using mantras for those testing moments.

"Run tall" helps athletes clean up late-run form problems such as slouching. And "nice, light stride" reminds you to avoid shuffling.

DONE

You'll want to collapse on the couch. Don't. "You should immediately start taking in fluids," says Alicia. Rehydration comes in many forms: water, sports recovery drinks, smoothies, even chocolate milk. She also suggests taking in some carbs to replace glycogen and boost your immune system, plus protein to aid in muscle repair, within 30 minutes of finishing. How those carbs and proteins come – drinks, solid food or a mix of both – is a matter of individual preference and depends on what your stomach is able to handle. But you want about 300 to 400 calories, with a carb-to-protein ratio of three or four to one," she says.

WITHIN ONE HOUR AFTER YOUR RUN

Stay active. Find a routine that helps you avoid the onset of soreness and tightening that can follow a hard effort, whether that's a session of active stretching or a walk around the block with your dog. Duane Button, an assistant professor of exercise science at Memorial University in Canada, has found that subjects who used foam rollers on their leg muscles following workouts experienced less soreness and recovered faster than those who didn't. Although he hasn't done studies specifically with runners, he would speculate that foam rolling would help runners recover from a long-distance run. He recommends performing a full lower-body foam roll, concentrating on your calves, hamstrings, quadriceps, glutes and IT bands. Roll the bottoms of your feet on a smaller roller or a ball.

HOW THREE RUNNERS RECOVER AFTER LONG EFFORTS

MO FARAH,
5,000m and 10,000m
gold medalist,
2012 Olympics

▲▲ I immediately stretch for 15 to 20 minutes, while my muscles are still warm and supple. After that, I put on some dry clothes, prepare an electrolyte drink and eat food. Shortly after, I'll have a shower and then sleep for about an hour. ▀▀

MOLLY HUDDLE,
American record
holder in the 5,000m

▲▲ I try to eat something for recovery within the 30-minute window. If I drive somewhere, I'll have a Powerbar in the car. I also take an ice bath right away (once I cool off, I don't want to get in). It's harsh, but you feel better afterwards. ▀▀

MARK BITTMAN,
author, food
columnist and runner

▲▲ If a run is longer than 19km, I eat as soon as I possibly can. The rule is some carbohydrate and some protein: wholewheat bread and peanut butter, or a banana and a hard-boiled egg. But the rule is often broken in favour of whatever is around. ▀▀

KEEPING A CONSTANT PACE, OR EVEN PICKING IT UP A BIT, IS CRUCIAL TO GETTING THE MOST FROM YOUR RUN.



1

ZEPP TENNIS SWING ANALYSER► \$219, www.apple.com.sg

Djokovic and Nadal wannabes may like this – an app that analyses your tennis strokes and tells you whether you're hitting it right. Just attach a mounting sleeve onto the end of your racquet and then sync it with the Zepp app on your smartphone. The analyser can discern whether you've pulled off a lousy backhand or a powerful forehand (yes, even your ball speed) with spin measurement. The coolest part? There's a 3D feature that provides a top-down, side-to-side rendering of your serve.

PALM-SIZE UPGRADES

BOOST YOUR EXERCISE REGIME WITH THESE NIFTY WONDERS.



2

JAWBONE UP3► \$309, www.jawbone.com

Curious about your overall well-being? Perhaps this multi-sensor activity tracker should do the trick. Capable of analysing a wide range of biometric signals from your body, this cool gadget is able to provide in-depth information about your heart health and fitness levels (for example, how

much calories you've burned during a workout), as well as the quality of your sleep. An embedded Smart Coach feature even captures your information and dispenses personalised guidance to help improve aspects such as heart rate and diet.



3

LOTS LTB-2000 UP-BEAT► \$99, www.leaderradio.com.sg

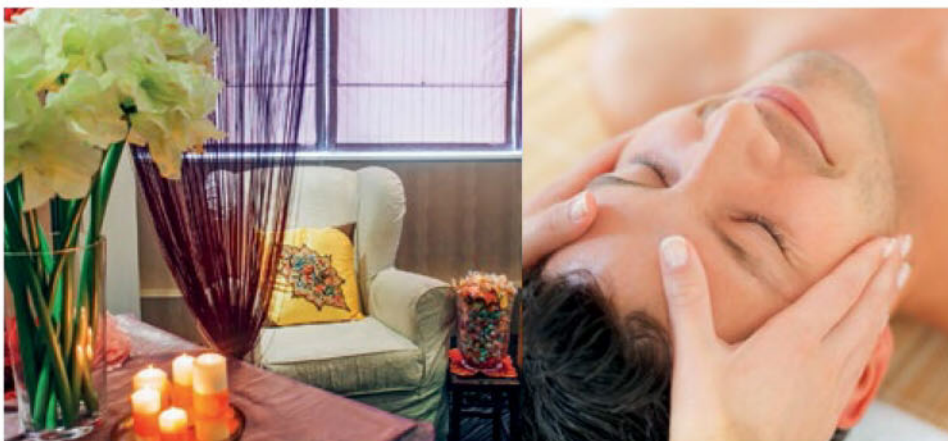
The last thing you'd want when working out is to get tangled with the cables of

your earphones. But not anymore. With apt-X compatible features – a technology that enables wireless sound – you can now do without messy wires as you lift those dumbbells along to head-boppin' tunes. This Bluetooth 4.0 gadget has a 10m

operating distance from your music device, and its sports ear cushions prevent slippage even if you run. An incoming call? A three-button remote control allows ease of manoeuvring between calls, volume and music shuffle.

■ TEXT MCKEN WONG

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BLISS**

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Go fast and furious with this lightweight kick. The Armourvent mesh upper is made from a stretchy, durable and fast-drying fabric that increases breathability and maximises comfort, especially when one takes on longer distances. Complementing this is the inclusion of Charged Cushioning and Micro G – the brand's trademark foam – allowing a snug fit and decreasing the rate of pronation.

2 MERRELL ALL OUT BLAZE SIEVE

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Want footwear that thrives on both pavement and trail? This one does. A water-shedding leather upper promises comfort even as you pound through water, while the trainer's Unifly midsole responds quickly to uneven terrain – flexing naturally – and protecting your underfoot. Better yet, antimicrobial agents are embedded to reduce shoe odour.

3 REEBOK ZPUMP FUSION

\$169, AVAILABLE AT ROYAL SPORTING HOUSE STORES, WWW.ROYALSPORTINGHOUSE.COM

This trainer's upper incorporates a proprietary inflatable air cage, accounting for a bespoke fit. The shoe's edges and underfoot grooves also provide increased handling and control for the runner – especially useful when speed is key. The presence of reflective eyelets and heel provide superior visibility in low-light conditions, so go ahead and train at night.



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self-terminate. It also helps to reduce the migration of abnormal cells, and aids the regeneration of healthy ones instead.

Curcumin, which gives turmeric its yellow colour, has anti-inflammatory properties that inhibit the growth of abnormal stem cells, consequentially reducing their growth and preventing the spread of damaged cells without harming healthy ones.

Green Tea has shown that it helps the self-termination process of unhealthy cells. It inhibits the spread of damaged cells, retains good cells, and suppresses the formation of blood vessels that supply abnormal cells with nourishment.

Broccoli intake regulates genes linked to abnormal-cell growth and promotes genes associated with the suppression of such cells.

www.pomi-t.sg

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TALKSHOP

PRODUCTS PROMOTIONS EVENTS

ICE-WATCH The **Ice-watch BMW Motorsport** collection is a marriage of both brands' qualities. The ticker features a rugged contour case, a knurled steel bezel that resembles a wheel rim, and a dial that mimics a dashboard. That's not all: Each timepiece has a two-tone strap comprising synthetic exterior and leather interior – reflecting the German automaker's premium status. **\$175 to \$320, available at Ice-watch store (Plaza Singapura), Tangs Orchard and Metro Paragon.**



TIMBUK2 The San Francisco gear company introduces the **Spire**, a sturdy backpack meant for the urban professional. Part of the Agent Collection, it is incorporated with fully padded internal sleeve fits for Apple fans who own the Macbook Pro and the iPad. Another plus point is the bag's military-inspired external webbing daisy chain, giving you more options to carry stuff like the bike U-lock and a jacket. **\$159, available at Timbuk2 (Bugis Junction), Bratpack Limited (Mandarin Gallery) and Bratpack stores (Cathay Cineleisure and Changi Airport Terminal 3).**

SWATCH Beach volleyball enthusiasts will dig the Swiss-made **Touch Zero One**. This curved touchscreen ticker is incorporated with a variety of beach volleyball functions such as step counter, power hits and power claps. The wearer can also have access to six timing functions by finger tapping or side-swiping, and have access to heaps more information by connecting to the free Touch Zero One app. **Log on to www.swatch.com/ms_sg.**



ECCO Affordable, stylish kicks, anyone? Check out the **Soft 7** series, featuring super-soft leather (as the name suggests) and flexible soles. What's more, form and function take precedence. Who knew black and white could co-exist so well? One can easily pair this with a casual get-up and ooze some laid-back urban vibes. **\$259.90 to \$279.90, available at Ecco stores.**



UNDER ARMOUR

A new addition to the brand's Speedform series is the responsive **Speedform Fortis** – running footwear that offers a locked-in anatomical fit with a seamless heel cup. The shoe's upper is durable and stretchy – made from fast-drying jacquard knit fabric – while a trademark sockliner is embedded within the midsole for added cushioning and moisture-wicking capabilities. **\$199, available at selected Under Armour brand houses and www.underarmour.com.sg.**

KWIKSET

Have a taste of high-tech security. Turn your smartphone into a key with the **Kevo Bluetooth-enabled deadbolt**. Alternatively, use the included fob instead of your phone. Staying with parents or housemates? Simply authorise them by pairing compatible smartphones with your unique "key." There's even a Kevo Mobile app that allows you to receive notifications of lock activity and manage access. Fumble with keys no more. **Call Calytron Engineering at 8181-8989 for more information.**



GUESS

Wearable tech timepieces are all the rage nowadays. The **Guess Connect Smartwatch** is a result of the brand's partnership with California-based Martian Watches, which develops fashionable smartwatches. It's far from a geeky gadget, scoring high both in the looks and function departments. With this ticker, send and receive texts, e-mails and social media alerts without so much as lifting your phone from your jeans pocket. **Visit www.guesswatches.com for more information.**

DESMOND KWA ORGANISATION

An agency unit of AXA Life Insurance Singapore, Desmond Kwa Organisation offers career and financial advice, details on a monthly career talk, and products and services on existing AXA policies. **#18-01/06C The Metropolis, call Alfred Lee at 9661-5252 or 6100-6543 for more information.**



TALKSHOP

PRODUCTS PROMOTIONS EVENTS

SEIKO Besides being endorsed by international pop star Wang Leehom, the new **Criteria** chronograph series has got other top-end qualities. For one, each timepiece is equipped with 3D-like time markers and smart bezel with tachymeter, while it also scores high in the looks department with an array of colour combinations such as black, blue, beige and dark brown. The ticker is also waterproof, and spots both sapphire crystal glass and triple-clasp bracelets. **\$451.60 to \$540.40, call Thong Sia at 6737-6122 or visit www.thongsia.com.sg for more information.**



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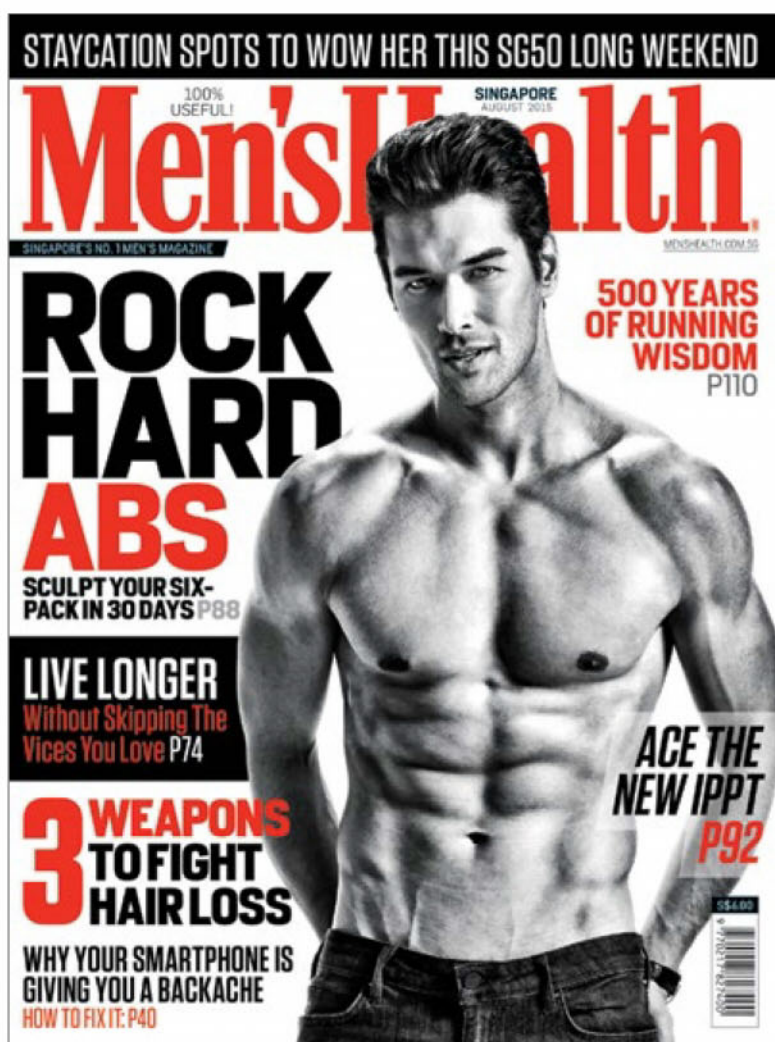
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EDOX Divers, watch out for this ticker. The **Hydro-sub North Pole Limited Edition** is a Swiss-made beast for the wrist. It was used to time freediving champion Christian Redl's plunge under the polar ice cap in the North Pole – showcasing the timepiece's steely grit against freezing temperatures. The limited edition automatic watch has a water resistance to a depth of 500m, and has a special movable crown protector. **\$4,119.50, available at Jem (Vincent Watch) and International Watch.**



TEVA Good news for fans of the brand's Originals collection. The all-new **Spring '15** line-up of sandals and casual canvas footwear seems like a comeback but with a bold twist – spotting updates such as premium leather, metallic hardware and even marbled soles. Whether you're hiking or chilling by the beach, there's a suitable pair for every activity. **\$59 to \$65, available at World of Sports and World of Outdoors.**

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EXTRAS!

THE BEST TIPS WE COULDN'T FIT INTO THIS ISSUE

DON'T GO CRAZY

KINSEY RESEARCHERS RECOMMEND THAT THE BEST WAY TO STIMULATE HER BREASTS IS TO VIEW THEM LIKE A DARTBOARD. START BY STROKING THE OUTER RINGS, AND THEN GRADUALLY MOVING IN. THE LEAST PLEASING MOVE? TWEAKING THEM LIKE YOU'RE LOOSENING THE LID OF A DRINKING BOTTLE.

NAGGING HEELS

► A new study by Denmark's Aalborg University found performing weighted heel raises can reduce plantar fasciitis. This Achilles heel malady can ruin race times and, worse, end your career on the road. With the exercise, collagen production is raised in your tendons, helping them handle the impact.

SUGARY CEREALS

Umea University in Sweden found poor breakfast habits raise your risk of metabolic syndrome by 68 percent. A sugar binge is worse than nothing, so wait it out if all you have is frosted flakes.

TOP UP WITH TUNA

At least one portion of fish a week should be oily, say nutritionists. But while it's high on protein, don't partake it too often

because mercury levels can be steep. Keep an eye on colour, too – tuna turns from red to brown the longer it's out of the sea.

WAKE-UP COFFEE

Stress hormones peak from 8am to 9am, mimicking your body's response to caffeine. Shooting up on espresso too early in the day can result in stimulation overload, which leads to anxiety.

WHY COLD IS HOT

A TREND FROM TAIWAN IS CHANGING THE WAY YOU DRINK ANTIOXIDANTS. INSTEAD OF BOILING LEAVES, THEY'RE BEING STEEPED IN COLD WATER FOR FOUR HOURS TO GIVE AN INCREASED DOSE OF THE DISEASE-FIGHTING PROPERTIES THAT TAKE THE HEAT OFF YOUR IMMUNE SYSTEM.

SENSUAL CRUNCH

EXERCISE-INDUCED ORGASMS EXIST AMONG WOMEN, ACCORDING TO A REVIEW BY INDIANA UNIVERSITY IN THE U.S. WHAT'S MORE, 40 PERCENT OF "SUFFERERS" HAVE EXPERIENCED THE PHENOMENON ON MORE THAN 10 OCCASIONS. THE MOST COMMON CULPRITS WERE ABS EXERCISES, SUCH AS CRUNCHES.

MORNING PINTS

Leave a glass of water in the fridge overnight. Scientists at Berlin's Humboldt University found a pint of chilled H₂O downed as soon as you wake raises your metabolism by 30 percent.

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